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Canadian Living

VOLUME 35, NO. 10

GRATITUDE OCTOBER 2010

Make gratitude your attitude this harvest season, as you enjoy autumn's bounty.

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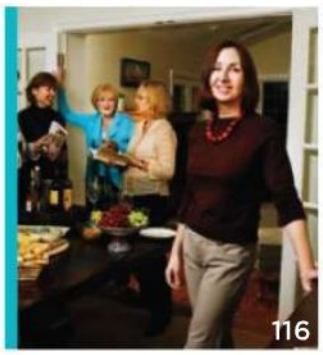

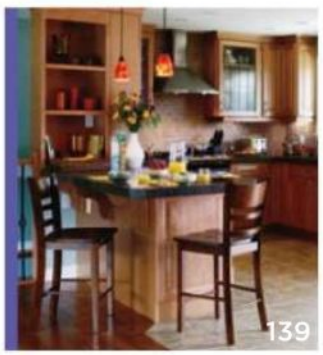

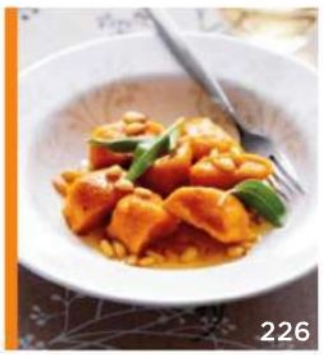

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Make the most of the apple crop – it's as easy as pie

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on the web this month

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everyday matters

- Go apple picking, then bake a pie with our best recipes
- Find 101 vegetarian recipes
- Get 12 free family activities
- Dress your Thanksgiving table with an autumn-themed runner and napkin rings

beauty is everywhere

- Get tips for keeping your outerwear looking good
- See 19 great eye shadows
- Tell us: What's your fave benevolent beauty product?
- Find the best print to suit your body

health is happiness

- Tell us: How diligent are you about doing a monthly breast self-examination?
- Learn negotiating tips

life is for living

- Carve the perfect pumpkin
- Discover our cancer-fighting lifestyle tips
- Learn about Nordic walking
- Help a friend with cancer
- Tell us how you experience gratitude and how saying thank-you makes you feel
- Learn about the Me to We philosophy
- Members of the West Side Stories share pointers for running a good book club
- Get tips on talking to your child's teacher
- Tell us: What's your favourite thing about fall?

home is pride

- Find an exclusive bonus Halloween costume
- If you're planning your own reno, we've got tips
- Can't afford a full-blown reno? Get budget-friendly ways to make your bathroom beautiful
- Read about how to go green in the kitchen

food is love

- Discover pumpkin seed recipes, plus 15 more pumpkin dishes
- Read our roundup of turkey-trussing tips, stuffing recipes and food-safety hints
- Get tips and recipes for great homemade bread
- Find menus, treats and tricks for hosting the perfect Halloween party
- Spend a fun afternoon with the kids making Caramel Apples. See instructions – and mouthwatering photos
- Find out The Test Kitchen's Top 10 favourite recipes

contests

- Enter to win a mini-library featuring books from 2010's Read for the Cure authors
- Submit a photo or video of your best-ever Halloween costume, decorations or pumpkin for a chance to win
- Does your family need help from Lindsay Coulter, the Queen of Green? You could be featured in a future issue

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Between Friends

What's Inspiring Me This Month:

As Always, Julia: The Letters of Julia Child and Avis DeVoto Food, Friendship and the Making of a Masterpiece (Houghton Mifflin Harcourt, 2010, $32.50), edited by Joan Reardon

Buy Our October Issue!

Purchase a copy of our October issue at any Shoppers Drug Mart across Canada between Sept. 20 and 26, and we will donate 50 cents to Heart and Music, supporting innovative ovarian cancer research.

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Our theme this month is gratitude. Appropriate, I think, given that we're also celebrating Thanksgiving. Gratitude can mean so many things, from appreciating the good people in your life and noticing simple pleasures to counting your blessings and not taking anything for granted. Feeling gratitude is important, but so too is expressing that thanks and letting people know how much you appreciate them.

Can't find your gratitude? Writer Cheryl Embrett points you in the right direction with her story on page 95. Cheryl shares details of her own experience with gratitude, and those of a handful of others, detailing how being sincerely grateful can change lives.

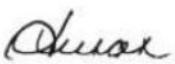
Do you often wonder about the do-gooders in your midst? Meet this year's *Canadian Living* Me to We Award winners: six Canadians who demonstrate motivation, passion, determination and empathy through their efforts in their respective communities. They deserve a hearty thanks from all of us.

In "West Side Stories" (page 116), Doug O'Neill writes about an incredible all-women book club whose members open up about favourite authors and what makes a successful book club, and – most poignantly – how they pulled together and drew on the strength of their friendships to tackle as powerful an adversity as cancer.

In our Health section, Jaime Eisen writes about a new wave of cancer treatment that prescribes exercise for patients – and is seeing amazing results (page 77). Also in this issue, you'll find a harvest bounty of good food and Halloween treats, and 10 ways to cook turkey leftovers (page 203). Yum!

This is also my opportunity to say how grateful I am – for my wonderful family, my good friends, the great people I work with, my health and so much more. In fact, one of those "much mores" is my relationship with you, our readers. I'm fortunate that I get to hear from people all across Canada, through letters, email, Twitter and Facebook. I'm forever grateful that I get to keep in touch with such down-to-earth, wise and amazingly friendly folks on a regular basis. Thank you for letting me come into your lives and big hugs for sharing your stories with me.

Have an inspired day.



– *Susan Antonacci*
susan@canadianliving.com
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Your Words

Our monthly roundup of reader feedback and insights

QUILTED AND PROUD

I loved the maple leaf quilt square pattern in your July issue ("So Square It's Hip"), and together with some Whistler quilting friends, made a "flag" in time for Canada Day. I used a Canadian flag–motif fabric for the backing. The blocks were made using different red fabrics, some with mini maple leaves on them. I had a photograph taken with two of our local Mounties in the village after the parade.

– Caroline Cluer, Whistler, B.C.

Editor's Note: Submit pictures of your maple leaf quilt square projects for a chance to have your work featured in our July 2011 issue! Visit canadianliving.com to find out how.

BEYOND THE EVERYDAY

On the day I turned 51 years old, I purchased a 27-speed trail bike. What started as an occasional tour of the neighbourhood has progressed to 50 to 60 hours of riding per week.

So I was interested in the advice in "Lose Weight at Any Age" (July) that could help me with my fitness and weight-loss goals. That is, until I came to the section In Your 50s and Beyond, which advises readers that "workouts should become more functional in nature, in that they mimic your everyday activities." Repetitions of squats, back rows and chest presses sound very dull – and certainly do not come close to mimicking my everyday activities. How about badminton, kickboxing, kayaking or indoor rock climbing?

I have discovered newfound energy, fitness and well-being, and I'm determined to expand my fitness goals rather than limiting myself to repetitive activities!

– Catherine Parlee, Surrey, B.C.

BEACH PERFECT

I read Jan Hostyn's My Canada submission ("On the Wild Tide") in the July issue with interest. I too am a great fan of "postcard-perfect" beaches. I have yet to experience the beaches of western Canada, but hope to someday. I have been to many great tropical locales and have seen many beautiful beaches, but Sauble Beach, Ont., on the shores of Lake Huron, is one of the nicest beaches I have ever seen in this part of the country. It has been a number of years since I was last there, but it always stands out in my mind as a great beach. I hope she gets a chance to check it out someday.

– Lynda Forbes, Peterborough, Ont.

PET SENSE

I have just read "Wake-Up Call" by Barbara Righton (September), and I am disgusted.

The article explores how our pets can interrupt our sleeping regimens. I was appalled at the first suggestion: "If you want your dog to be a bit lazy, don't take him on so many walks, and feed him a little more." This solution is ridiculous. Responsible dog owners know that the proper amount of exercise, food and affection will keep your dog healthy, and will allow him to sleep through the night – naturally. If you cannot handle the responsibility and small inconveniences of owning a dog, then don't get one.

– Laura Savoy, Montreal

Reader Caroline Cluer with her quilted "flag" at the Canada Day parade in Whistler, B.C.

TALK TO US

We welcome letters and emails from readers of *Canadian Living*. Speaking to Canadians like you, from east to west, is our mandate; hearing from you is our pleasure. Write to us – and you could win a *Canadian Living* cookbook as a token of thanks! Email us at letters@canadianliving.com or write to us at "Letters," *Canadian Living* Magazine, 25 Sheppard Ave. W., Suite 100, Toronto M2N 6S7. Please make sure to include your name, address and telephone number. Letters and emails may be condensed for publication. Pictures will not be returned.

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RAISE A GLASS

Thank you for "Have Your Fill" (August). After becoming prone to bladder infections, making frequent trips to the clinic, where I would be given high-dose antibiotics, and having kidney stones, I had a urologist recommend drinking a minimum of eight glasses of water daily – and now I feel great.

Although milk, juice and sports drinks all contribute to hydration, there is just no replacement for plain old water. I am also a firm believer in home filters and tap water: no plastic bottles!

– Brenda Kane, Vancouver

DIY BARBECUE DANGERS

Your instructions for constructing a makeshift portable barbecue (Home Matters, "Find and Design") in the July issue say to use a galvanized metal bucket for the body of the barbecue. Using a barbecue constructed from galvanized metal has the potential for hazardous health effects. Galvanizing is a metal coating that inhibits rust on iron or steel, and is performed by dipping the item in a bath of molten zinc. Lead is often added to the molten zinc to make it more fluid.

The combustion temperature of charcoal barbecue briquettes is easily high enough to vaporize both zinc and lead. I don't think I need to describe the health effects of lead for you, and zinc can also be very poisonous.

– Jason Minchin, P. Eng., Springfield, Oregon, U.S.

Editor's Note: Chemical residue from galvanized metal can result in food contamination and may lead to heavy-metal poisoning. As a general rule, avoid using materials that haven't been approved for contact with food.

CORRECTION

We inadvertently printed incorrect information accompanying the Paper Mate pen that appeared in Everyday Matters in our September issue. The pen is the Paper Mate Design, featuring a contemporary design with a metal barrel and comfort grip, and a new ink technology that provides super smooth writing in bold, vivid colours.

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Kary Osmond, host of "Best Recipes Ever"

Best RECIPES Ever

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Share your Halloween spirit! Submit a photo or short video in any of three categories – Best Jack-o'-Lantern, Halloween Home Decor and Halloween Costume – for a chance to win fabulous prizes. Look out for the contest launch on Oct. 1. For details, visit canadianliving.com/october.

NEW *CANADIAN LIVING* COOKBOOK!

Whether you're cooking for vegetarians, flexitarians or vegans, or just want a little something meat-free and delicious, *Canadian Living*'s new collection of vegetarian recipes, *The Vegetarian Collection,* caters to your needs with nourishing dishes that work every time. Available in bookstores on Sept. 14.

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Contains regenerative Q10 to increase your skin's own anti-aging abilities and activate its defense against drying and external influences.

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* NIVEA the world No.1 skin care brand in retail value sales consecutively during 2006-2009.
** Source Euromonitor, per Beiersdorf category definitions, per Umbrella Brand classification, excludes fragrances, hair colourants, salon hair care, perms and relaxants, razors/blades/depilatories, oral care.

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Everyday Matters october

Inspiring ideas for day-to-day living

BY DONNA PARIS

PHOTOGRAPHY: RYAN BROOK/TRANSCONTINENTAL DIGITAL SERVICES (MACPHERSON); THINKSTOCK/JUPITER IMAGES. HAIR, DYLAN SIT. COLOUR, ALANA MURRAY. MAKEUP, RYAN MURCHISON. CIVELLO SALON AND SPA

Marlene's Mission

In 2008, Marlene MacPherson's world changed: Her life came to a halt when she found a lump in her breast. After nearly a year of chemotherapy and radiation treatments, she realized she needed to take ownership of her body by changing her diet and lifestyle.

"You have a choice when you go through something like this," says the 44-year-old mom, who lives in Aurora, Ont., with her family. "You can either become a victim over what has happened to you or you can make a positive change." Marlene decided food and exercise were two things she could control.

So she started running on a regular basis and created Marlene's Meal Makeovers (marlenesmealmakeovers.com), a website dedicated to providing healthy meal options and inspiration for anyone affected by cancer. Complete with recipes, a blog and a series of videos, Marlene's website delivers advice on how to maintain a healthy lifestyle.

"What we put into our bodies helps us own disease, whether we're talking about cancer, heart disease or obesity," says Marlene. "We need to take better control over what we feed our kids and what we're doing to help prevent disease in the future." *– Elizabeth Zahur*

Enjoy apple picking this fall, then bake up a fabulous pie – visit canadianliving.com/october for our best apple pie recipes.

5 WAYS TO CELEBRATE THE HARVEST

1. ENJOY FARM-TO-TABLE CUISINE
at a restaurant such as Raincity Grill (raincitygrill.com) or Nu (whatisnu.com) in Vancouver.

2. GO GROCERY SHOPPING
and purchase Manitoba's local produce (go to gov.mb.ca and then search for "local produce guide").

3. PICK YOUR OWN APPLES
and eat them out of your hand at the Everett Family Orchard (everettapples.com) in Island View, N.B.

4. VISIT A FARMER'S MARKET
in your area, such as the one in Toronto's Withrow Park every Saturday.

5. GET FRESH ORGANIC FRUITS AND VEGGIES
delivered to your door from EcollegeY (ecollegey.com) in Montreal.

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SCRAP-HAPPY THANKS

Get your guests to make their own place cards this Thanksgiving. Ask each guest to bring a small memento to illustrate something they are thankful for this year (a photo of a new baby, a souvenir of a family vacation that finally happened, a leaf-motif pendant). Then get the ball rolling by spreading cards, markers and glue sticks around the table. *– Jaime Eisen*

Spruce up your dining room table this Thanksgiving with a beautiful autumn-themed table runner and napkin rings. Visit canadianliving.com/october for instructions.

October 1

is World Vegetarian Day. Plan a hearty meal – minus the meat – for dinner tonight. Visit canadianliving.com/october for 101 vegetarian recipes.

A QUEST FOR TREES

A new virtual world for kids delivers a real-world benefit in the form of more trees for planet Earth. Arbopals, an online gaming site, has teamed up with Trees for the Future in this initiative, which lets users go on a world "quest" that results in trees being planted in countries around the world. For more info, visit arbopals.com.

FALL CLEANING

Mulching and composting are great ways to get rid of your leaves this fall. Mulch leaves with a lawn mower to reduce the bulk of the pile, then add the mulch in small amounts to your compost. It will break down along with your kitchen scraps to make an eco-friendly fertilizer.

PHOTOGRAPHY: RYAN BROOK/TRANSCONTINENTAL DIGITAL SERVICES (TOP RIGHT); THINKSTOCK

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Join this exciting new program to become a **Savvy Shopper** and get in on the conversation. Your review may be featured in an upcoming issue of Canadian Living!

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- Get real advice from real women about which products work for them.
- Take our weekly Savvy Shopper polls – and get expert tips.

Become a Savvy Shopper at
canadianliving.com/savvyshopper

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RECYCLING OLD GADGETS

If you're wondering what to do with your old computer, give it to Free Geek, a nonprofit organization that recycles and refurbishes used equipment to redistribute to schools and other charities. In Canada, Free Geek locations have sprung up in many cities, including Vancouver (freegeekvancouver.org) and Toronto (freegeektoronto.org).

We need a family!

Canadian Living and the David Suzuki Foundation are giving one Canadian family a chance to green their lives. Send a photo and story about why your family needs help from Lindsay Coulter, the Queen of Green. You could be featured in a future issue! Visit canadianliving.com/october for more details.

3 TIPS FOR WRITING THE PERFECT THANK-YOU NOTE

1. Be specific: Tell the recipient exactly what you're thanking them for, whether you're naming the gift they got you or telling them how much fun you had at their cottage.
2. Make it personal: A handwritten note is always better than a generic email, but even a cyber thank-you is better than nothing.
3. Better late than never: Even if a month or two has gone by, it's the thought that counts.

– J.E.

INTERNATIONAL FRUGAL FUN DAY

Celebrate by having fun with your family on Saturday, Oct. 2. The catch: you have to do it for under $5. Here are a few ideas to get you started.

- Hop on your bikes and go for a ride, or go fly a kite.
- Pack a picnic and enjoy it in the park.
- Plan a scavenger hunt around your neighbourhood.
- Put on a paper-bag puppet show.
- Play board games or charades, or get creative and make up your own customized family game.

– E.Z.

PHOTOGRAPHY, THINKSTOCK

Check out canadianliving.com/october for more free family activities.

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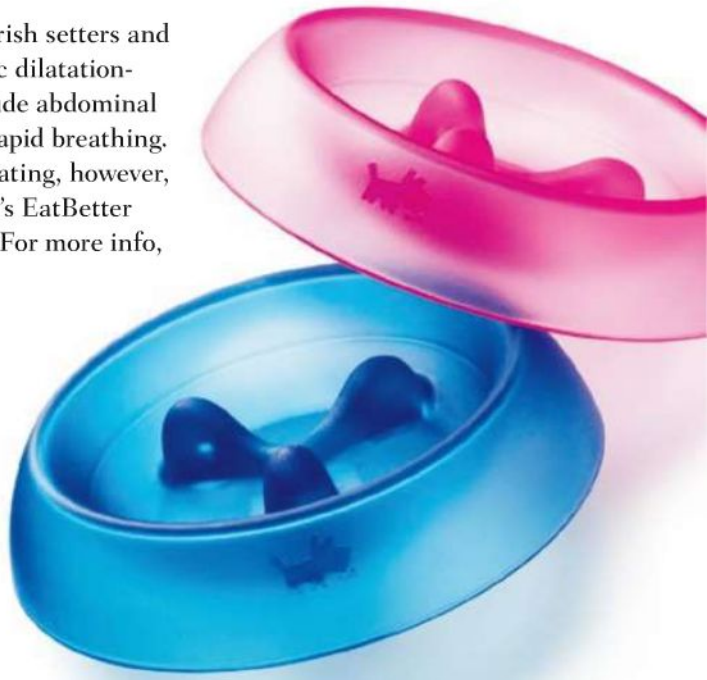
SLOW DOWN, FIDO!

Large dogs with deep, narrow chests, such as Irish setters and standard poodles, are at risk for bloat (or gastric dilatation-volvulus), which can kill them. Symptoms include abdominal distention and pain, restlessness and shallow, rapid breathing. If you can help them slow down when they're eating, however, you can help prevent bloat. Check out Contech's EatBetter food bowls, which are designed to do just that. For more info, visit contech-inc.com.



What's the 411?

Looking for a phone number? Use Google's free service: Call 1-800-466-4411 (GOOG-411) to get the numbers you need.

Go pink,

one screen at a time. Support Breast Cancer Awareness Month by turning your Facebook or Twitter page, or blog pink for October. For more info, visit pinkforoctober.org.

TAKE OFF YOUR CLOTHES – IT'S FOR A GOOD CAUSE

The S.W.A.P. team organizes clothing swaps across North America to promote sharing clothes that, for one reason or another, we all leave lingering at the back of our closets. All items that are unclaimed are donated to charity. For more info, visit theswapteam.org.

PHOTOGRAPHY: LUIS ALBUQUERQUE (TOP RIGHT); THINKSTOCK

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Coat Tales

Four real women show you the warming trends in outerwear this season.

BY KAREN KWINTER | ASSISTANTS, JULIA McEWEN & KATHERINE FLEMMING

PHOTOGRAPHY BY JEFF COOKE | OFF-FIGURE PHOTOGRAPHY BY PAUL CHMIELOWIEC

HAIR BY VITTORIO MASECCHIA FOR TRESEMMÉ HAIR CARE/PLUTINO GROUP | MAKEUP BY GREGORY GRAVELINE

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Shaped by the Sea

BOOTS, BOGS FOOTWEAR

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COLOUR INDEX

When the frost starts to creep in, cuddle up in your favourite shade. This garnet coat (Addition-Elle, $230) is stunning with its oversize collar and feminine button detail. Gloves, Echo Design. Tights, Mondor. Boots, Lacoste.
Rhonda, 41, chiropractor

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CRÈME BRÛLÉE
Camel is strong this season, and because it's a neutral, pairing it with accessories in the same shade feels fresh. Hoodie wrap coat, Cassis, $250. Sequinned muffler and gloves, both Lauren. Boots, Roots.
Susan, 37, chartered accountant

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SOFT SHELL

Stay on trend and warm as toast in faux fur. We love it cropped, as in this faux-chinchilla jacket from Utex ($190). Jimmy Jimmy skinny jeans, Paige Premium Denim, $242. Hat and gloves, Echo Design. Boots, Uggs.
Katrina, 31, mother of three

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CHECK, MATE

A coat with structure and fashion-forward details, such as a belted waist and close cut, gives a modern twist to a traditional woollen fabric, but still feels cosy. White oxford, Banana Republic, $74. Scarf, Danier. Gloves, Roots. Boots, H&M.
Sarah, 36, creator, The Soap Girl

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Hot Coats Right Now

More options to usher you into the chilly months in style

COLOUR

Wool coat with layered collar, Laundry, $550.

Hooded coat with toggles, Sears, $250.

Mohair coat, Lundström Collection, $439.

Wool button-down coat, George, $40.

CAMEL

Belted coat with pockets, Kenneth Cole, $220.

Belted wool coat, Sears, $200.

Double-breasted trench coat, Laundry, $425.

Four-pocket camel coat, Banana Republic, $310.

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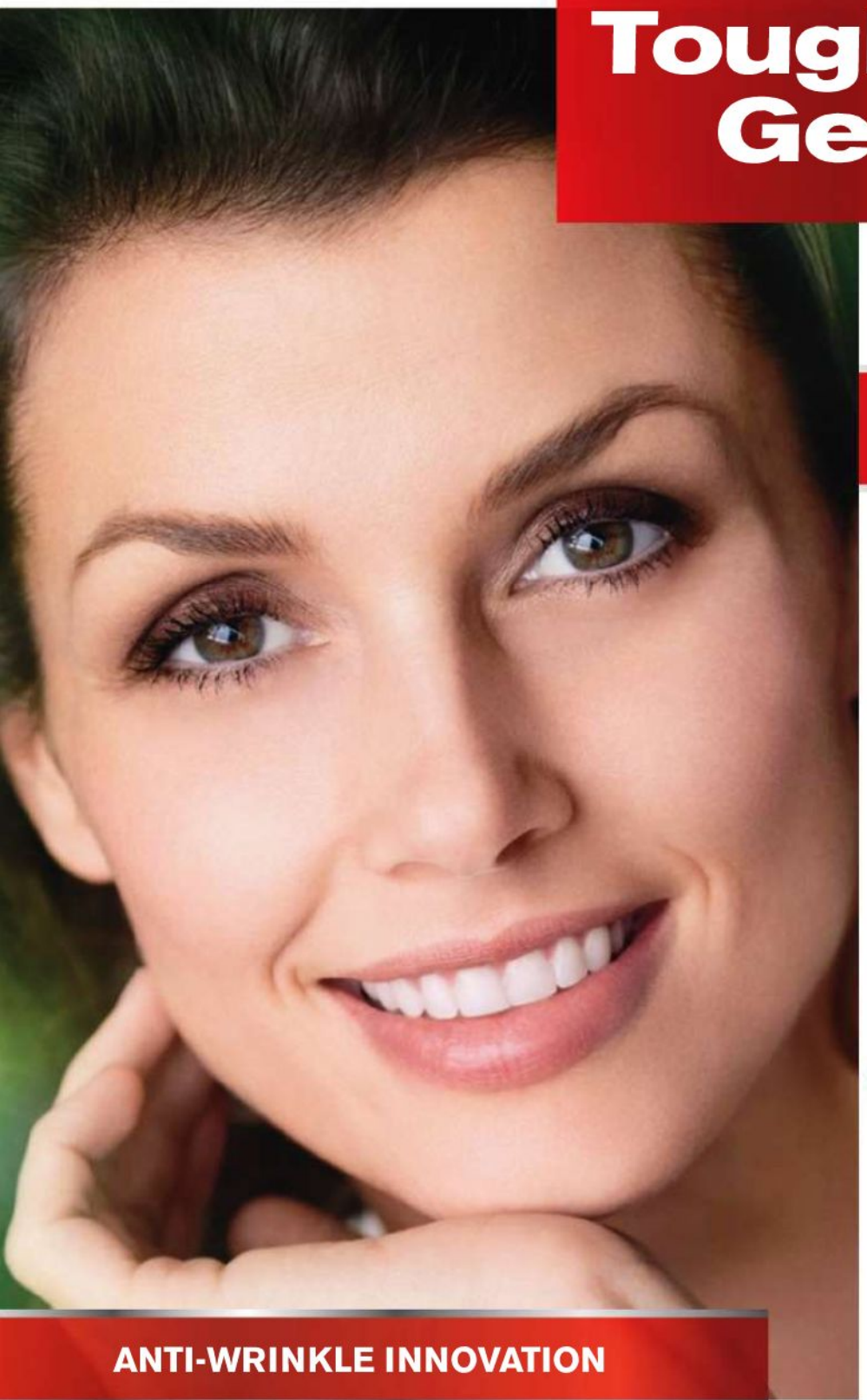
Tough on wrinkles. **Gentle** on skin.



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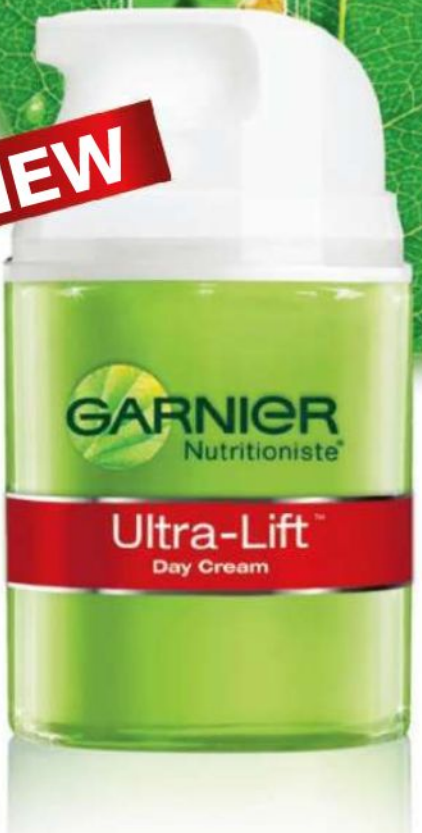
Ultra-Lift

Discover **Pro-Retinol** from **nature**

NEW



ANTI-WRINKLE INNOVATION

NATURAL RETINOL REVOLUTION

Ultra-Lift with Pro-Retinol from nature reduces the look of wrinkles with virtually no irritation.

PROVEN RESULTS

95% effective on wrinkles.*
100% gentle on skin.**

Take the **two-week Ultra-Lift challenge!**
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* Based on a consumer perception study after 2 weeks. ** Based on # of subjects that tolerated products without discontinuating use in a 2-week safety test.

Take care.
GARNIER

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COAT CARE
Keep your outerwear looking great all season long with tips at canadianliving.com/october.

TWEED

Black-and-white coat, Pringle of Scotland 1815, $698.

Tweed coat with oversize collar, Danier, $299.

Multicolour-check coat, Esprit, $380.

Belted Ivet coat, Soia and Kyo, $430.

FAUX FUR

Military-style faux-fur coat, Sears, $250.

Belted jacket with faux-fur trim, French Connection, $328.

Reversible faux-fur-trimmed Sherpa jacket, Spanner, $349.

Faux-fox fur coat, Jones New York, $450.

For shopping information, see page 245

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NEW

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303 Ebony Brown

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ULTRA VIOLET
Bold purple feels truly royal this fall. "It works well on pretty much anyone," says Melissa Gibson, senior artist for M.A.C. A strong look for evening is gorgeous plum eyes, blended seamlessly. This elegant hue has the ability to draw attention to any eye colour.

Colour Theory

Unsure of what shades to wear this season? We show you how to embrace the colour that works for you, from vivid purple to cashmere-laced camel.

BY JULIA McEWEN
ASSISTANT, KATHERINE FLEMMING
PHOTOGRAPHY BY FRANCISCO GARCIA

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HAIR AND MAKEUP, VANESSA JARMAN FOR PAGEONEMANAGEMENT.CA USING TRESEMMÉ HAIR CARE.
THIS PAGE: DRESS, PAM CHORLEY'S FASHION CRIMES; EARRINGS, FAB ACCESSORIES. OPPOSITE: TOP, MICHAEL MICHAEL KORS; EARRINGS, FAB ACCESSORIES

PINK SLIP

While usually reserved for cheeks and lips, this rosy shade looks current when worn on *les yeux*. "Pink can be flattering on most women," says Vanessa Jarman, a freelance makeup artist. "The trick is finding the appropriate shades of pink that work with your skin tone."

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COFFEE AND CREAM

If the subdued shades of toffee and tan are more your speed, embrace this season's take on natural makeup. "Think of how cashmere feels on your skin. Mix that with warm neutrals and you get cashmink!" says Gibson. "The idea is to mix warm, luxurious tones on the eyes, cheeks and lips." The overall look is a flawless complexion, so blend, blend and blend some more.

DRESS, WINNERS. EARRINGS, CUPIDO DESIGNS

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New NeoStrata *Intense* All-in-One Night Serum was tested by scientists using silicone molds and computer digital processing for true and objective results. Not that we didn't trust subject's self evaluations...we just wanted to make sure to give you the real picture.

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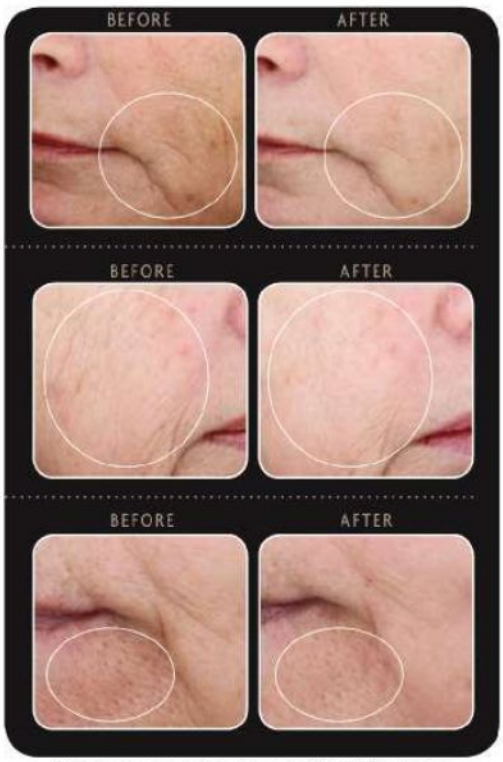

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[1]Product tested in vivo by an independent laboratory, once daily application for 3 months.

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ULTRA VIOLET

EYES "When you're trying to make a big statement, don't mix too many products all at once," says Gibson. "Don't let them wear you." With a small shadow brush, apply a purple powder eye shadow such as NARS Single Eyeshadow in Daphne (2.2 g, $26) from your upper lash line to just above the crease. Then, blend the shadow up and out. Using a slate pencil, rim your upper and lower lashes. Try Almay Intense I-Color in Royal Slate (1 g, $10). Amplify lashes by using a mascara like Revlon Grow Luscious Mascara (11 mL, $10).
CHEEKS Dust a barely there hue, such as Burberry Light Glow Natural Blush in Russet Blush (7 g, $54), on your cheekbones.
LIPS Apply a sheer pink lipstick, like The Body Shop Delipscious Sheer Lip Colour in Sheer Candy (2 g, $12), to the centre of your lips. Finish with clear gloss (Maybelline New York Shine Sensational in Minty Sheer, 11 mL, $6). Tip: A smoothing primer helps makeup last longer. We love Smashbox Photo Finish Targeted Pore and Line Primer (30 mL, $37).

PINK SLIP

EYES "A simple wash of pink all over your lids is a nice, clean way of wearing the shadow," says Jarman. With a small eye shadow brush, sweep shimmery pink powder (M.A.C Shadow Pigment in Fuchsia, 4.5 g, $24) onto your lids, diffusing the colour out above the creases. Using a liquid liner (Lise Watier Encre Noire Liquid Eyeliner in Noir, 4 mL, $18), trace along the lash line, extending it slightly. Swipe on a few swift strokes of Rimmel London Max Volume Flash (8 mL, $9) on your top lashes.
CHEEKS Pale skin looks best with a tawny-pink blush like CoverGirl Cheekers Blush in Classic Pink (2.2 g, $4). Olive skin fares best with apricot and bronze tones. Apply it to the apples of your cheeks and blend it in completely.
LIPS Pick up a highly pigmented berry gloss such as Estée Lauder Pure Color Gloss in Plum Desire (8 g, $22.50).

COFFEE AND CREAM

EYES Blend M.A.C Cream Colour Base in Mid-Tone Sepia (3.2 g, $20) over your eyelids, starting at your lash line and stopping at the crease. Work CoverGirl Smoky Shadow Blast in Bronze Fire (4.6 g, $9) into the creases of your lids and your lower lash lines. Use a deep black eyeliner such as Maybelline New York Define-a-Line Eye Liner in Soft Black (2.5 g, $9). Apply a fine line to your upper lash line to add some drama. Boost lashes with a volumizing mascara like L'Oréal Paris Volume Millions de Cils (9 mL, $11).
CHEEKS Use your fingers to dab a rosy cream blush, such as Elizabeth Arden Ceramide Cream Blush in Nectar (2.67 g, $30), onto your cheeks, blending almost up to your brow bones.
LIPS Paint on a rose lipstick such as Chanel Rouge Allure in Darling (3.5 g, $38). Visit canadianliving.com/october to see 19 more of our favourite eye shadows.

For shopping information, see page 245

PHOTOGRAPHY, LUIS ALBUQUERQUE

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for yoga or the sofa

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Editor's Choice

This month, beauty companies shell out a portion of their profits to charitable foundations.

BY JULIA McEWEN

Everything is coming up roses with these beautiful lipsticks from Mary Kay, Revlon and Estée Lauder. One dollar from each sale of a Mary Kay lipstick (3.6 g, $17) will benefit the Mary Kay Ash Charitable Foundation, which supports Look Good Feel Better, an organization for women undergoing cancer treatment. With every sale of an item from its fall collection, such as these matte pink lipsticks (4.2 g, $10), Revlon will donate $1 to the Canadian Breast Cancer Foundation. Finally, Estée Lauder Canada will donate $100,000 from sales of its Pink Ribbon Collection to the Breast Cancer Research Foundation. (Estée Lauder Evelyn Lauder Lip Design Collection, three 3.6 g tubes, $30.)

PHOTOGRAPHY, NATASHA V.

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For shopping information, see page 245

1 | For each sale of a darling mini key ring ($20), Clinique will donate $4 to the Breast Cancer Research Foundation.

2 | Purchase a bottle (15 mL, $11) from the OPI Nail Lacquer Pink of Hearts series, and you'll contribute to the company's $5,000 donation to Rethink Breast Cancer.

3 | For every sale of a pot of Bourjois Blush (2.5 g, $19) in September, $1 will be donated to the Breast Cancer Awareness Foundation.

4 | When you purchase this vibrant Principessa lip gloss (5.5 g, $16) from BeautyMark, $1 will go to the Breast Cancer Research Foundation.

5 | Darphin Intral Soothing Cream (50 mL, $70) is a moisturizing cream that tames skin irritation on contact. For each sale, $20 will be donated to the Breast Cancer Awareness Foundation.

6 | The Sephora Color to Go Pink limited edition palette ($20) holds eight eye shadows, four lip colours and one blush. Sephora will donate $1 to the Breast Cancer Research Foundation for each palette sold.

let's talk

Tell us about your favourite product that supports a good cause, at canadianliving.com/october.

5

6

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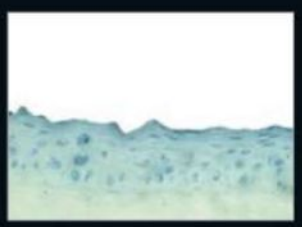
BREAKTHROUGH INSPIRED BY MEDICAL RESEARCH

Today's medical technology is able to reconstruct skin

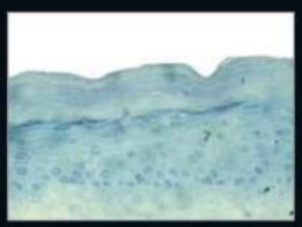
30 years of tissue engineering have led to the first scientific models of reconstructed skin. These models are helping researchers better understand cutaneous biology and better evaluate the performance of active ingredients on the skin.

The association of Proteic Gf + Pro-Xylane, proven to reconstruct all layers of the skin in 10 days. *In vitro* test.

Illustration showing the action of **Proteic Gf** and **Pro-Xylane**



Reconstruction after 10 days



Reconstruction after 20 days

VICHY LABORATORIES HAVE DEMONSTRATED THE POTENTIAL OF THEIR ACTIVE INGREDIENTS ON RECONSTRUCTED SKIN: *In vitro* test.

Proteic Gf stimulates growth factors, essential proteins necessary for a structured skin reconstruction. **Pro-Xylane** reinforces the skin's connective tissue. *In vitro* test.

Tissue Reconstruction by Caroline Debbasch, Doctor of Pharmacy, Ph.D.

How have models of reconstructed skin evolved?

The models have become more complete and more useful. A framework for our knowledge was first created in 1986, with models that, compared to today's models, were more basic and handcrafted. It was only recently, in 2007, that we developed the first complete model of reconstructed skin robust enough to be reproduced and used as an evaluation tool for active ingredients.

What major advances have been made in 30 years of tissue engineering?

The technical innovations of tissue engineering have shown us that the complete reconstruction of healthy skin is dependent on certain proteins. We call these proteins growth factors. They are naturally generated by the dermal and epidermal cells that make up skin, and are powerful tissular reconstruction agents. They assure the natural, structured growth of all cutaneous layers, and are stored in skin's connective tissue.

Growth factors: what is their significance in the development of new cosmetics for menopausal aging?

During menopause, the connective tissues which contain growth factors and hormones are impoverished, which leads to the loss of skin density. Stimulating growth factors and reinforcing the skin's connective tissue becomes increasingly important to minimize the signs of hormonal skin aging.

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VICHY RESEARCH

Tissue reconstruction applied to skincare: Neovadiol Gf

EFFECTIVENESS DEMONSTRATED ON **THE VISIBLE SIGNS OF MENOPAUSE** ON THE SKIN AMONG 220 WOMEN IN 4 COUNTRIES.

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-18% nasogenian fold**

TONED NECK:
-17% slackening**

REFINED JAW LINE:
-26% sagging**

*One-month instrumental test on 38 women.
**Three-month clinical test on 220 women.
Average result.

For menopausal skin aging. Ask for advice in your pharmacy.

VICHY LABORATORIES DEVELOPS UNIQUE TEXTURES TO SPECIFICALLY ADDRESS THE NEEDS OF INCREASINGLY DRY SKIN DUE TO MENOPAUSAL SKIN AGING.

UPON APPLICATION, SKIN IS SMOOTHER, SOFTER, AND FEELS MORE COMFORTABLE.

HEALTH IS BEAUTIFUL

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Style Matters

WE LOVE

Adios, itsy-bitsy satchels and clutches. This season, bags of a burlier breed are showing up everywhere, in beautiful finishes that include buttery leather and striking hardware, which are normally reserved for smaller purses. Store your canvas tote until next summer and embrace a more bountiful bag this season – you won't have to worry about editing the contents of your purse until spring.

HOLD EVERYTHING
Gold tote, B. Makowsky, $275.
Red leather tote, Roots, $178.
Brass metallic tote, Banana Republic, $155.
Joni tote, Ellington, $185.
Faux snakeskin tote, Michael Kors, $350.

PHOTOGRAPHY, LUIS ALBUQUERQUE. OFF-FIGURE STYLING, SANDY HARRIS

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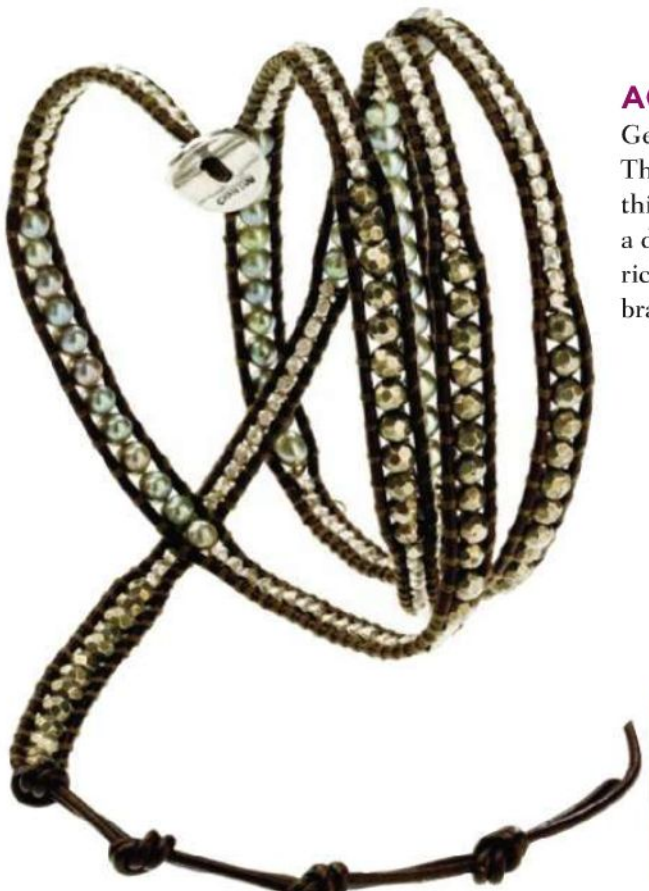
STYLISH STEAL

After obsessing over army jackets through the summer, we're excited by fall's affordable incarnation of the trend (Old Navy, $50). Aside from the tough exterior, we can't get enough of the cheeky plaid lining and cosy hood – and did we mention how incredibly comfortable it is? Almost makes us overlook the chill in the air.

For shopping information, see page 245

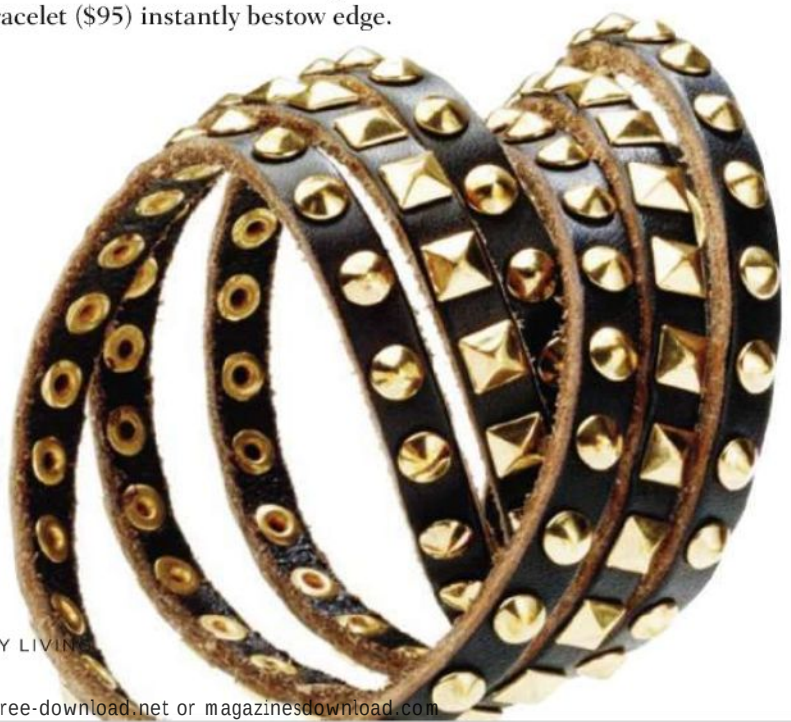
TECHNO BEAUTY

Get your skin back in shape with a daily firming routine. A normal – yet frustrating – part of aging is a decrease in elastin and collagen production. The depletion of these fibrous proteins contributes to the loss of volume, elasticity and tension in your skin. Olay Professional Pro-X Intensive Firming Treatment ($60) is a two-step regimen that helps plump up skin and increase its natural fullness. It combines a moisture mask and a tightening serum to help reduce expression lines.



ACCESSORY OF THE MONTH

Get all wrapped up in these gorgeous multi-strap bracelets. The details make the difference – the beads and pearls in this one from Chan Luu for Banana Republic ($275) impart a dash of glamour toughened up by roped leather, while the rich toffee-tanned leather and gold studs in this Linea Pelle bracelet ($95) instantly bestow edge.



PHOTOGRAPHY, LUIS ALBUQUERQUE. OFF-FIGURE STYLING, SANDY HARRIS

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the colourful smoky eye + intense pencil liner?
now you're really smokin'!
new liquiline blast + smoky shadowblast

Start with the colourful smoky eye—six dual-ended stick duos make it easy. Then, new waterproof liquiline blast gives the intensity and staying power of a liquid with the ease of a pencil. Try all six smokin' combinations.

Take beautiful back online or from your mobile @ covergirl.ca

Drew Barrymore is wearing Smoky ShadowBlast in Silver Sky and Liquiline Blast in Violet Voltage.

easy breezy beautiful COVERGIRL

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THREE WAYS

LEOPARD CARDIGAN

We love this season's must-have print, leopard. Here are three easy ways to incorporate the trend, seen here in a paper-thin sweater (perfect for layering) from Banana Republic, $85.

WEEKENDWEAR

Instead of jeans, we like these army green pants (Old Navy, $40) with a pair of lace-up boots (Aldo). Wear them with a denim shirt (Gap, $60) and a slouchy knit hat (Gap), then pile on some gold accents (bracelets, Fab Accessories; belt, Banana Republic) for a pulled-together – but still casual – feel.

DRESS CODE

Take the look to the office by pairing an olive skirt (Bardot, $195) with a black tee (Mark's, $20). Add stacked black heels (Aldo) and a leopard-print purse (Winners), and you're all set.

AFTER HOURS

Glam it up with slouchy, slinky pants (Sears, $30) and leopard-print heels (Winners). Ground the look with a black cami (Banana Republic, $35) and add some statement earrings (Cupido Designs) and a bracelet (Winners). Our rule? You can wear the same print twice, but never thrice.

Visit canadianliving.com/october to find the best print to suit your body.

PHOTOGRAPHY, FRANCISCO GARCIA

COVERGIRL

Get the intensified smoky eye

Part 1:
Get the colourful smoky eye with Smoky ShadowBlast

Step 1: Using the rounded tip of the duo, apply shadow from lash line to brow bone.

Step 2: Using the tapered tip, apply shadow on upper lash line and along eyelid crease.

Part 2:
Intensify your smoky eye with Liquiline Blast

Apply pencil and "smoke" the line with the unique blending tip.

easy breezy beautiful COVERGIRL

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test driven

ROLLER DERBY

Think rolling-ball technology has any merit when it comes to eye cream? Our readers discuss.

L'ORÉAL PARIS COLLAGEN MICRO-PULSE EYES, $35, claims to massage away wrinkles, reduce bags and brighten dark circles with its collagen-laced formula.

THE VERDICT

"While I'm not sure if my wrinkles have been vanquished, I think it helped my dark circles."

– Lindsey Klus, Victoria, reader

EDITORS' NOTE

We were impressed by the incredibly subtle vibrations, and noticed a smoothness in our eye areas.

GARNIER SKIN RENEW ANTI-DARK CIRCLE ROLLER, $20, is a tinted gel formula that calls upon caffeine and lemon essence to cover dark circles all day.

THE VERDICT

"This product rolls on with a cooling sensation. After using it for a week, there was a definite reduction in dark circles and under-eye puffiness. Affordable and marked results!"

– Katie Gallaway, Scarborough, Ont., reader

EDITORS' NOTE

Any time we're able to skip a step (we didn't need concealer), we're happy!

OLAY REGENERIST ANTI-AGING EYE ROLLER, $35, promises to keep crow's feet at bay while delivering a hydrating formula in a click-pen tube.

THE VERDICT

"I loved it. As promised, it reduced my eye puffiness and fine wrinkles. I will continue to use this and buy more when it's finished!"

– Norma Priddle, Orleans, Ont., reader

EDITORS' NOTE

The triple-roller feature felt like a mini-massage for our delicate eye areas.

For a chance to win all of the products featured here, visit canadianliving.com/october.

PHOTOGRAPHY, RYAN BROOK/TRANSCONTINENTAL DIGITAL SERVICES

Flossing doesn't have to be a pain.

Glide Pro-Health for Sensitive Gums is the softest Glide ever.* It slides easily into tight spaces for a more gentle flossing experience.

Glide

*vs. Glide Original

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What's nutrition like you doing in a cereal that tastes like this?

Don't let the crunchy clusters, sliced almonds and taste of honey fool you. Kashi* Honey Almond Flax cereal is made with seven whole grains, all natural ingredients, 9 g protein and 9 g fibre per serving†. We believe tasty and nutritious were truly made for each other.

Kashi
The Seven Whole Grain Company*

7 whole grains on a mission*

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FIGHT CANCER

In the Kitchen

Eat and drink to your health.

BY LESLEY YOUNG

PHOTOGRAPHY BY EDWARD POND

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THE FILLING IS THE BEST PART.

The Grand Caravan is what you make it. Transform room for seven with Stow 'n Go® fold-flat seats. Entertain your passengers with available dual DVD screens, while you stay focused on what's ahead with the navigation system, 30 gigabyte hard drive, UConnect Hands Free Phone and great fuel economy. The Grand Caravan, fill it however you see fit. Visit www.dodge.ca.

★★★★★ 5 STAR SAFETY RATING*

DODGE
GRAND CARAVAN

CANADA'S BEST-SELLING MINIVAN FOR MORE THAN 25 YEARS.

WHERE LIFE HAPPENS

Some features described are optional. *Star ratings are part of the U.S. Government's National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). Based on NHTSA scoring system for 2010 Dodge Grand Caravan. See dealer or website for further details.

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Food is one of the greatest tools we have to fight cancer. Studies show that up to 70 per cent of all cancers are caused by poor dietary choices, as well as smoking and a lack of exercise, says Dr. Richard Béliveau, research chair in cancer treatment and prevention at the University of Montreal and coauthor of *Cooking with Foods That Fight Cancer* (McClelland and Stewart, 2007). That's why eating the top cancer-fighting foods – namely, plant products – is a major step in protecting yourself against the disease. Here's what you need to know.

PLANT POWER

To get the most benefit from plant products, buy local veggies and fruits and eat them within a few days, says Carolanne Nelson, assistant professor in the department of family and nutritional sciences at the University of Prince Edward Island in Charlottetown. The nutritional quality and cancer-fighting properties decrease the longer plants are stored, she explains. Alternatively, Nelson says, frozen options often contain more nutrients than unfrozen fruits and veggies that have been in transportation or storage a long time because they are flash-frozen shortly after being harvested. Here are the top cancer-fighting plant foods.

CITRUS FRUIT Béliveau says that citrus boasts some of the strongest anticancer potential of all plants. Two molecules are behind its power: monoterpenes and flavanones, both of which inhibit cancer cell growth and reduce inflammation, depriving tumours of an important stimulus for growth. Try to eat an orange or grapefruit once a day.

CRUCIFEROUS VEGGIES

Members of this family of veggies, including broccoli, brussels sprouts, cabbage, cauliflower and kale, are among the top cancer-fighting foods, thanks to glucosinolate, an anticancer molecule. Glucosinolate appears to be able to block the carcinogenic potential of dangerous substances, says Béliveau. Research shows that regular crucifer consumption lowers your risk of developing lung, bladder, breast, stomach and colon cancers. Eat these veggies at least three times a week. »

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SOY There's been some controversy about the anticancer benefits of soy foods. While soy has been shown to reduce the risk of breast cancer in animal studies, experts are uncertain of soy's benefits for humans, says Dr. David Jenkins, Canada research chair in nutrition and metabolism at St. Michael's Hospital in Toronto. You can try tofu and miso soup and, of course, soybeans (edamame) a few times a week.

BERRIES Reach for strawberries, raspberries and blueberries several times a week. Not only are raspberries and blueberries terrific in smoothies, they also contain large amounts of ellagic acid, while blueberries also boast anthocyanidins. Both substances are able to block the activity of at least two proteins essential to the development of cancer, says Béliveau.

TOMATOES Men who take in higher levels of lycopene, a pigment found mostly in tomatoes, have a 25 to 30 per cent lower risk of developing prostate cancer. The levels needed to keep cancer at bay can only be achieved by eating cooked tomatoes, though, says Nelson. Try making homemade pasta sauce and using it on noodles or pizza at least twice a week.

GREEN TEA This has the highest proportion of anticancer molecules of all foods, says Béliveau. More than one-third of a green tea leaf is composed of catechins, molecules that are able to prevent cancer from developing in several ways, most importantly by stopping the growth of the networks of blood vessels that feed tumours. To maintain high levels of catechins, drink Japanese green tea, brewed for eight to 10 minutes, at least three times daily, says Béliveau.

ADD A DASH OF PREVENTION

Don't underestimate the role of bit players, such as spices, oils and herbs. Researchers with the United States Department of Agriculture have shown that some herbs have higher antioxidant action than some fruits and veggies. Don't worry about how much is enough, though – as long as you're regularly cooking with these ingredients, our experts say you'll reap the anticancer benefits.

OREGANO This herb contains the most active antioxidants (called phenol) of all herbs, and is more active (by four times!) than blueberries, according to a study in the *Journal of Agricultural and Food Chemistry*. One tablespoon of fresh oregano contains the same antioxidant activity as one medium-size apple, so sprinkle away in tomato sauce, on meats and in baked breads.

CINNAMON Béliveau says this homey spice has an extremely high antioxidant content. "Compared to wild blueberries, cinnamon has 25 times more polyphenols, which are antioxidants." Research shows the spice may be able to "starve out" cancer cells by interfering with the network of blood vessels that make up a source of food. Sprinkle cinnamon on whole wheat toast, and use it in baking and on oatmeal.

OLIVE OIL Its powerful antioxidant – phenol – is good for your heart, and may play a role »

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DANIA RAMIREZ

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Start with a flush of lasting colour from Outlast Lipstain. Add depth with the glossy shimmer of Shineblast. Do it with two of lipwear's most precise applicators, and ta-da, luscious lips with dimension. easy breezy beautiful COVERGIRL

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Dania gets dimensional with Outlast Lipstain in Saucy Plum and Shineblast Lipgloss in Gleam.

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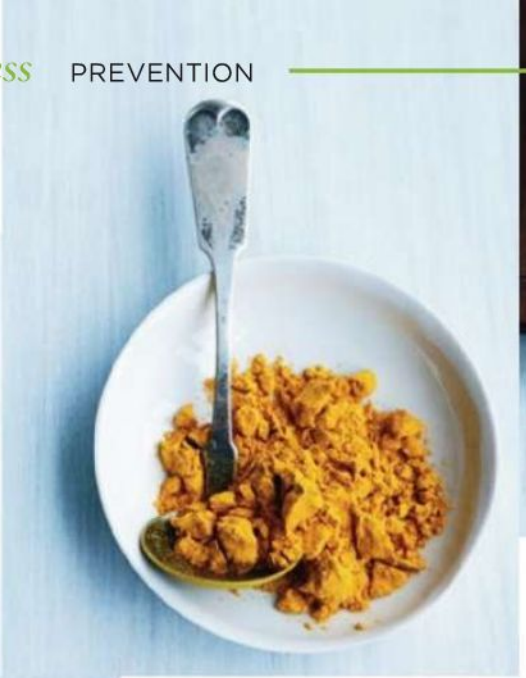

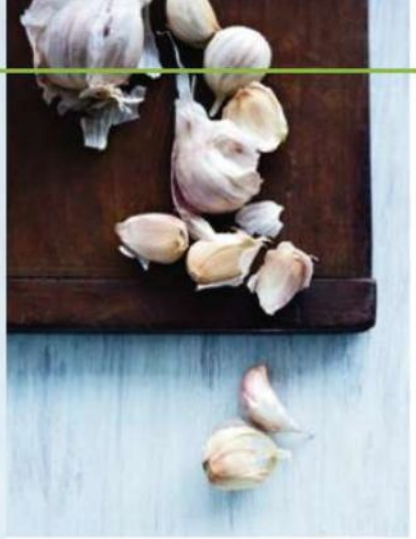

in cancer prevention. In one European study, participants who consumed a little less than a quarter cup of olive oil a day for three weeks produced far fewer waste byproducts indicative of the potential to develop cancer. Other studies have shown olive oil may reduce the risk of breast, colorectal and prostate cancers. Make your own salad dressing with it, drizzle it on pizza and add some to your homemade tomato sauce.

PARSLEY Bright green parsley is often a decorative finish to a dish – but it also packs a punch with the flavonoid apigenin, shown by Dutch scientists to halt the development of leukemia cells. Other studies have shown that apigenin weakens the structures of the blood vessels needed for cancers to grow. Try tabbouleh – parsley's the star ingredient.

FLAXSEED Flaxseed and its oil are loaded with omega-3 fatty acids, including lignans, which have been shown to halt growing cancer cells, particularly in men with prostate cancer. Scientists suspect that flax's lignans may also play a role in preventing estrogen-dependent cancers, such as breast cancer, but more research is needed. Tip: Grind flaxseeds right before you eat them so the essential fats don't have time to oxidize, and you'll get the most nutritional value out of the oils, says Nelson. Sprinkle it on your cereal or yogurt, and use it in a smoothie.

TURMERIC This bright yellow spice, grown in India and tropical regions of Asia, has been shown in animal and lab studies to prevent and slow a number of cancers. The anticancer star in turmeric is curcumin, an antioxidant. Use turmeric generously in curries, stir-fries and stews.

GARLIC Early studies suggest garlic's allyl sulfur compounds may help rid your body of cancer-causing chemicals and encourage cancer cells to die naturally. A recent pilot study out of Ohio State University's Comprehensive Cancer Center, in Columbus, showed that garlic consumption could interfere with the processes in the body that convert nitrogen-containing compounds in foods, such as processed meats or those prepared at high temperatures, into carcinogens. Just a single clove of garlic a day can do the trick, say researchers.

ROSEMARY This herb is great with meat, and may help fight the carcinogenic effects of cooking starchy foods, such as potatoes, at high temperatures. Research by the National Food Institute, at the Technical University of Denmark, has shown that even small amounts of rosemary (less than a teaspoon) could reduce levels of acrylamide, a carcinogen that develops when starchy foods are fried, baked or grilled at 250°F (120°C) or higher. »

MORE TIPS ONLINE
Visit us at canadianliving.com/october and check out our guide to cancer-fighting lifestyle tips.

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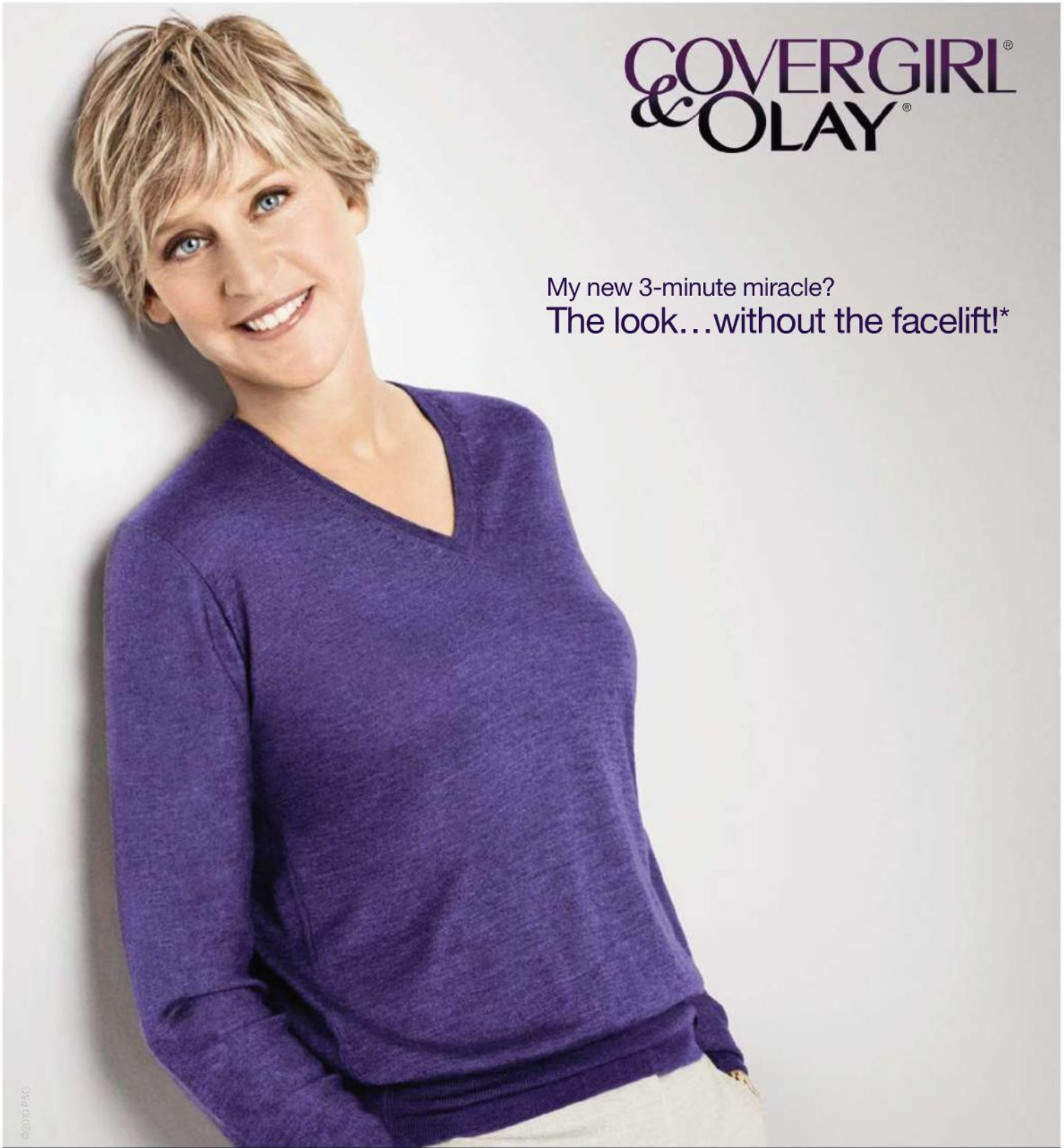
& OLAY®

My new 3-minute miracle?
The look…without the facelift!*



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NEW SIMPLY AGELESS SERUM PRIMER
AND FOUNDATION WITH OLAY REGENERIST SERUM

Smooth on my new Serum Primer to prep—hydrate and help firm skin's appearance—then smooth on my foundation to cover fine lines and wrinkles flawlessly…and wow! Everyone will wonder what you did!

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You want to keep your clothes and linens clean, fresh and looking great, wash after wash. You also want them to feel soft to the touch, and gentle on the skin. That's what you'll love about Tide Free & Gentle. It's perfect for all your clothes and linens, even delicates! It's the right choice for sensitive skin.

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THE RIGHT PREP MAKES PERFECT

Béliveau says not to worry about how you cook fruits and veggies; simply buying them locally and eating them when they are fresh is key to fighting cancer. However, Nelson believes that raw is better than cooked, and steaming just until slightly soft is the best way to cook veggies to preserve their anticancer nutrients. (The exception is tomatoes, which are better cooked.) Here are a few other tips.

PARE SLIGHTLY Susan Fyshe, a registered dietitian at Healthy Lifestyle Nutrition in Toronto, says she is always surprised at the parts of a vegetable that go to waste. "People think they should only eat the floweret part of broccoli, when the stalks are loaded with anticancer nutrients. The stalks on parsley and kale are also edible. Chop them up and throw them into soups and stews."

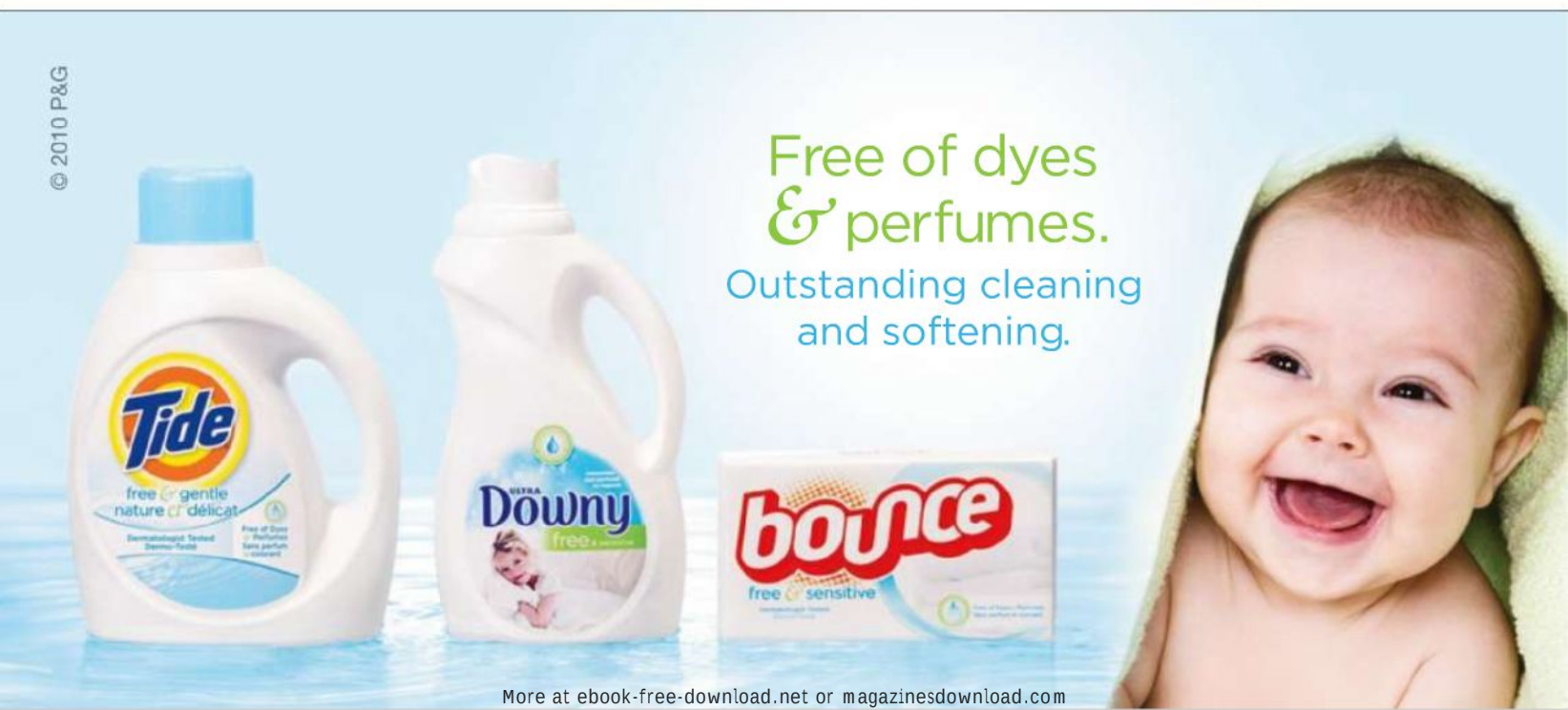
STORE NUTS IN THE FRIDGE Aflatoxin, a fungus that grows on a wide range of foods, including cereals and nuts, has been linked with increased risk of liver cancer, says Jenkins. Health Canada regulates the amount of aflatoxins in nut products. The Canadian Cancer Society recommends refrigerating peanuts and peanut butter, and staying clear of nuts that smell musty. Also avoid any foods that look mouldy (except blue cheese – it's safe), or are shrivelled, discoloured or damaged.

STEAM IN THE MICROWAVE Steaming is the best way to cook veggies, and the quick cooking time of the microwave preserves more nutrients, says Nelson.

BEWARE YOUR MAIN COURSE There's no point in eating a heaping side of broccoli if the meat has been cooked at too high a temperature. Research shows that the amino acids in beef, pork, fish and poultry cooked at 400°F (200°C) or above may produce chemicals, such as hetrocyclic amines, that may increase your risk of cancer. To reduce cancer-causing chemicals, oven roast, bake, stew or poach meat and fish at 350°F (180°C) or lower, partially cook meat first in the microwave, or marinate it before cooking. The danger of carcinogens that occur when barbecuing meats at high temperatures doesn't apply to fruits and vegetables that are charred on the grill, says Nelson.

PLASTIC SAFETY There are concerns among scientists and governments that plastic containers, when heated, could leech potentially carcinogenic chemicals called plasticizers (including acetyl tributyl citrate) into foods. The Canadian Cancer Society suggests opting for stainless-steel, ceramic or glass containers. Health Canada recommends avoiding heating food in plastic containers or using plastic wrap in the microwave, unless the products say they're microwave safe. (Health Canada offers this advice even though it doesn't approve any containers that release more than an insignificant amount of plasticizers.)

ORGANIC – OR NOT? There's no evidence that organic produce contains more nutrients than nonorganic, says Nelson. The jury is still out on how dangerous pesticide exposure from eating produce is for humans, although it can't hurt to eat chemical-free produce when possible and to buy local foods. Remember: Organic doesn't necessarily mean pesticide-free (ask your local farmer or grocery store manager). Rinse your fruits and veggies under the tap for at least 30 seconds, and rub them gently to remove pesticides. ■



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GET THE LOOK THAT

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EVERYONE HAS HAIR CHALLENGES, EVEN IF YOU LOVE YOUR HAIR! So Pantene is challenging Canadian women to put new Customized Pantene to the test — just like Rachel and Andrea, the two Canadian finalists in Pantene's First Reality Hair Star Contest.

THICK HAIR SEEKING SEXY SMOOTHNESS?

ANDREA FOUND NEW CUSTOMIZED PANTENE MEDIUM-THICK HAIR SOLUTIONS leaves thick hair manageable, straight, shiny and healthy-looking!

Andrea's Challenge:

TAMING FRIZZ

Andrea entered the First Reality Hair Star Contest and was chosen to put the **MEDIUM-THICK HAIR FRIZZY TO SMOOTH COLLECTION** to the ultimate thick hair test: smoothness that lasts all day!

Because thick hair absorbs 40 per cent more moisture, Andrea needs products with moisture-lock technology to prevent frizz.

> "My thick hair was always too flat on top and too frizzy on the bottom. Now it's sleek, smooth and full."
>
> — Andrea Warner, Vancouver, BC

TO GET ANDREA'S LOOK...

1. Start with **MEDIUM-THICK FRIZZY TO SMOOTH SHAMPOO** and **CONDITIONER**, to lock out humidity and keep hair virtually frizz-free.

2. To damp hair, add some **MEDIUM-THICK STRAIGHTEN & SMOOTH CRÈME** to help get that satiny smooth look.

3. Flip head over and blow partially dry, then turn your head up and finish drying with a paddle brush; use a round brush at the roots to add volume.

4. Finish with **MEDIUM-THICK ANTI-HUMIDITY HAIRSPRAY** to make the look last all day.

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No matter what your hair structure – fine, medium-thick, curly or coloured – **Pantene has discovered the secret to beautiful hair:** four customized solutions to work with your hair type. New Customized Pantene has unique formulas scientifically designed to match your unique hair structure, so you can have long-lasting star style like Andrea and Rachel. So put your hair to the test!

FINE HAIR SEEKING ALL DAY VOLUME?

RACHEL FOUND NEW CUSTOMIZED PANTENE FINE HAIR SOLUTIONS adds fullness to fine hair and protects it from damage!

Rachel's Challenge:

BOOSTING VOLUME

Rachel entered the First Reality Hair Star Contest and was chosen to put the **FINE HAIR FLAT TO VOLUME** collection to the ultimate fine hair test: fullness that passes the afternoon flop!

Thin hair has 50 per cent less protein, so Rachel needs clean rinse formulas that give hair weightless volume.

> "I love my hair, but it's fine and really needs that extra boost of body and bounce. Now it's my best feature!"
>
> — Rachel Guest, Oakville, ON

TO GET RACHEL'S LOOK...

1. Use **FINE FLAT TO VOLUME SHAMPOO** and **CONDITIONER**. These lightweight formulas give a boost of body and shine.

2. Apply **FINE TRIPLE ACTION VOLUME MOUSSE** to damp hair to boost your strands for all-day volume; if you need extra lift on top, add **FINE ROOT LIFTER SPRAY GEL** at the crown.

3. Blow dry in sections with a round brush, then roll hair with hot rollers to set the look. Remove when hair cools and softly brush or finger comb.

4. Finish the look with **FINE LASTING VOLUME HAIRSPRAY** to defend your style against humidity and the 4pm flop.

for your unique hair type at **pantene.ca/productfinder**

PANTENE PRO-V

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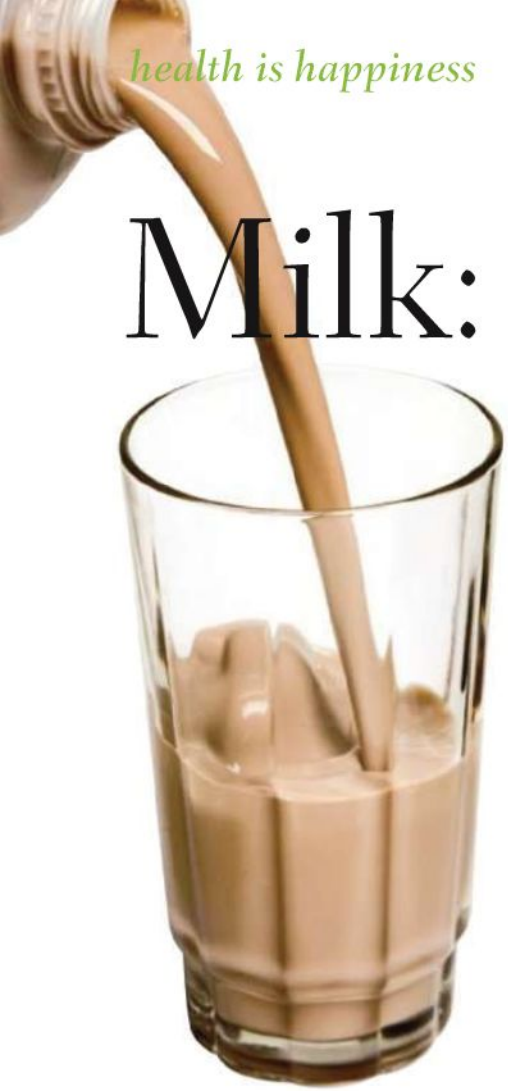

Milk: Let's Talk

Our registered dietitian answers your most frequently asked questions about kids and milk consumption.

BY CARA ROSENBLOOM, RD

1 | At what age can my baby try milk products? The Canadian Paediatric Society suggests introducing yogurt (3.25% milk fat or higher), cottage cheese or grated hard cheese when your baby is nine months old. Whole (homogenized) milk can be given between nine and 12 months. Introducing milk too early or providing more than 720 mL of milk products per day can lead to iron-deficiency anemia, regardless of whether or not you're breast-feeding your baby.

2 | My child likes 2% but I drink skim milk. What are the nutritional differences? All types of milk, from skim to whole, have the same amount of protein, vitamins and minerals. The difference lies in the calories and fat.

Per 1 cup (250 mL) milk	Calories (kcal)	Fat (grams)
Skim	80	0
1%	108	2.5
2%	129	5
Whole	155	8

Canada's Food Guide recommends that people over age two choose low-fat milk (2% or less). Babies require fat for optimal growth and should drink whole milk until age two.

3 | Other than calcium, what does my family need for strong bones? Calcium works in partnership with phosphorus, magnesium and vitamins A, C and D, which you can get by eating a healthy, balanced diet and following Canada's Food Guide. Exercise also helps build bone strength, so kids should aim for 90 minutes of physical activity each day, and adults a full hour.

4 | My five-year-old has a milk allergy. What can he drink instead? Two to three per cent of infants are allergic to milk and most outgrow the allergy within a couple of years. Children with milk allergies must completely avoid all milk products. They can get calcium from fortified beverages such as orange juice, canned salmon with bones, leafy greens and calcium supplements. People with lactose intolerance can drink lactose-free milk or take lactase enzyme pills before consuming milk products.

5 | Besides fluid milk, what else can make up a "serving" of milk? One serving is 1 cup (250 mL) milk or fortified soy beverage, ¾ cup (175 mL) of yogurt or 1½ oz (50 g) cheese. Cream, butter and ice cream – all high in fat and calories – don't count as a serving of milk.

Eighty-three per cent of teenage girls are skipping milk products, according to Statistics Canada. This means they're depriving themselves of precious nutrients they need for healthy growth.

6 | How many servings of milk or milk products does my child need? Canada's Food Guide recommends two daily servings of milk and alternatives for children aged two to eight. From ages nine through 18, the amount increases to three to four daily servings, to support older kids' and teens' rapid bone development.

7 | Should I buy organic milk to avoid growth hormones and pesticides? In Canada, neither conventional nor organic milk contains antibiotics or growth hormones. According to dairy regulations, milk must undergo testing to confirm it contains no trace of antibiotics before it is sold. Unlike in the U.S., using growth hormones to stimulate milk production is not permitted in Canada. ■

PHOTOGRAPHY, THINKSTOCK

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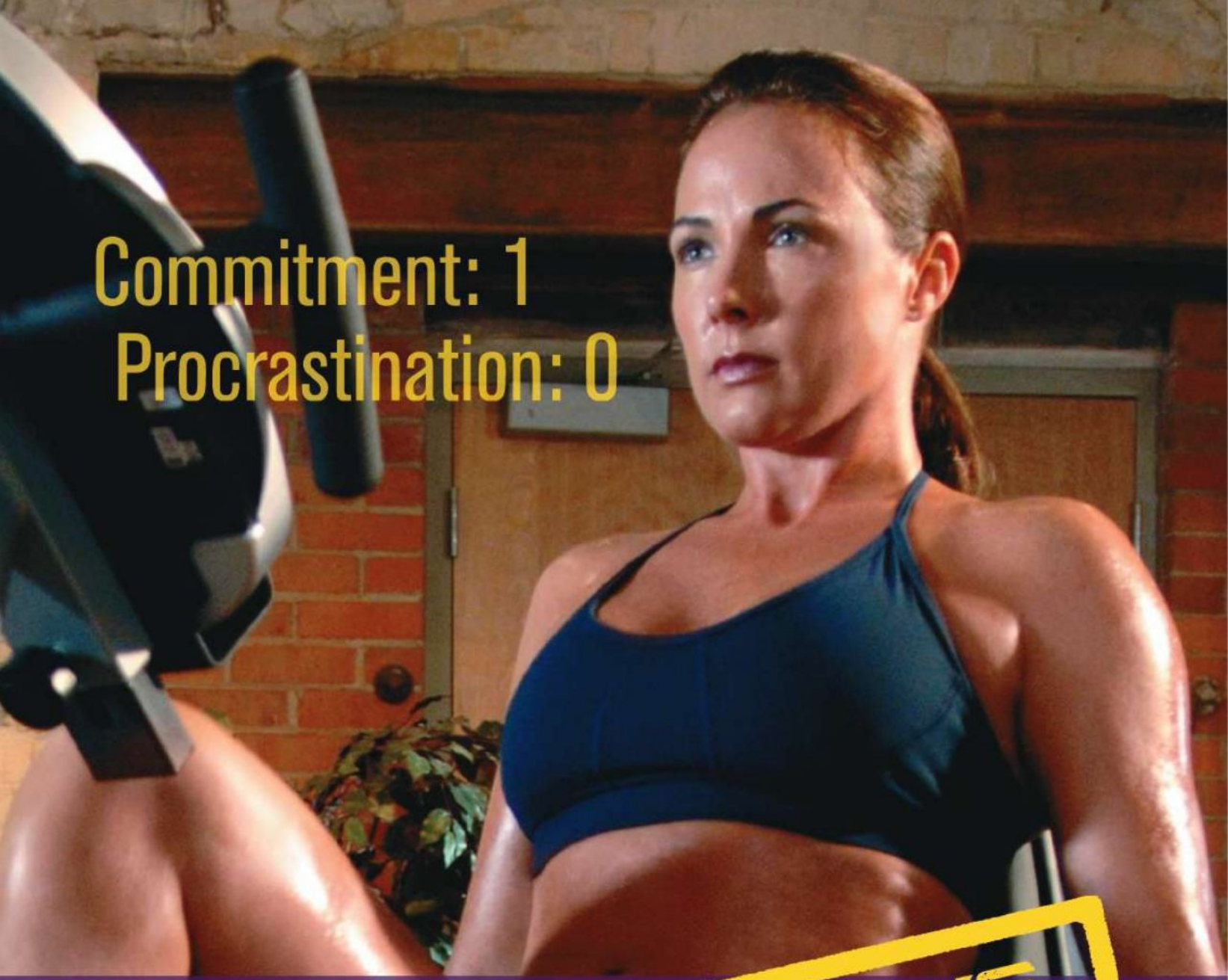

IT PAYS TO KEEP SCORE

Short on time? Bite-size training ideas are the way to fit fitness into even the busiest of schedules. 20 minutes is all it takes. Try walking on a treadmill while watching TV – it's a quick and easy way to start making fitness changes.

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Fit to Live

When her cancer made a comeback, so did Bonni Gellman, with an exercise routine tailored just for her.

BY JAIME EISEN

PHOTOGRAPHY BY GEOFF GEORGE

Bonni Gellman's stomach is flat enough to make just about any teen starlet jealous. Her arms are toned, her legs are strong, she's in amazing shape. And no wonder – even with the constant demands that come with starting a new career and raising two busy teenagers, Bonni, 51, still finds time to work out almost every day. »

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It's hard to believe that just last year Bonni was undergoing her second mastectomy. When she was diagnosed with breast cancer in 2007, Bonni was determined to build up her strength. So the former dancer, who has always been active, began an exercise routine of light cardio, stretching and strength training, which helped her feel better and focus on something other than her pain and discomfort. "When you're going through treatment, your body becomes so tired, so heavy," she says. "Moving your body has a great impact on your ability to be stronger."

Kerry Courneya, a professor and Canada research chair in physical activity and cancer at the University of Alberta, says that studies (including one conducted by him and his colleagues) show what some cancer survivors and doctors have long suspected: Exercise is a powerful tool in helping our bodies cope with cancer.

Courneya adds that activities such as walking, stretching and weight training have been proven to curb some side-effects of cancer treatment, including fatigue, constipation and nausea. In 2007, he published a study that showed a significant increase in self-esteem and fitness among patients who exercised during their treatment. This research also revealed that exercise results in a decrease in cancer-related depression and anxiety. What's more, a study released this year and published by the University of Georgia shows that regular exercise can reduce a patient's anxiety by 20 per cent.

Courneya says that one of the most exciting findings of his research is the news that weight training actually helps breast cancer patients feel strong enough to complete all their chemotherapy treatments. "This was a real breakthrough," he says. It's »

MARCHING

This exercise is great not only for people who need to rewarm their muscles but also for those just looking to improve their cardio and flexibility.

Stand with your feet shoulder-width apart, hands clenched in fists at your sides [A]. March in place to a count of 32, moving your arms back and forth with power. Then hold your left knee up as high as possible, pointing your toes down to help with balance [B]. Repeat with your right knee. Continue, alternating sides. Repeat three more times. Then hold your right knee up as high as possible, flexing your toes down [C]. Repeat with your left knee. Continue, alternating sides. Repeat three more times.

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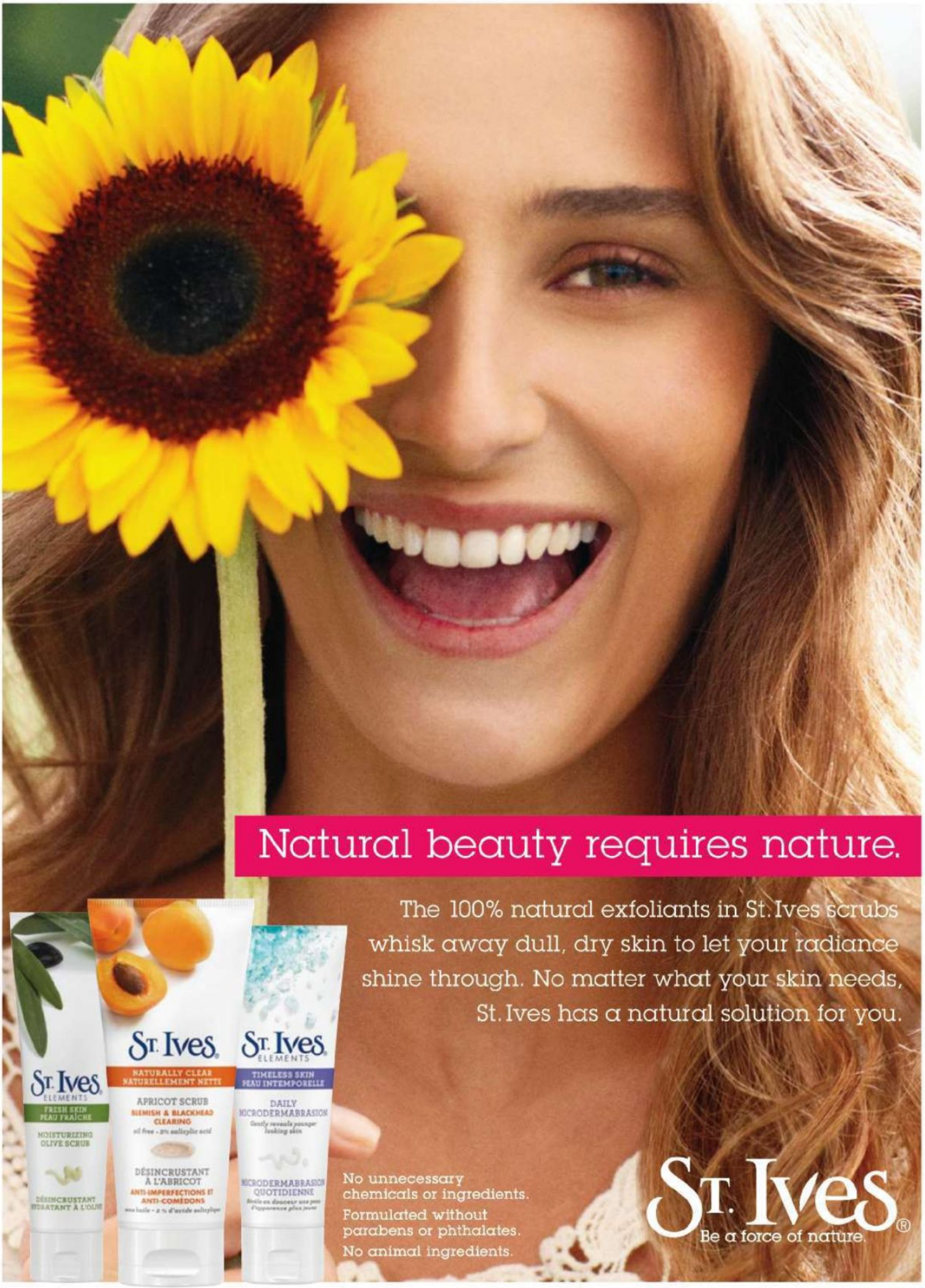

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also information doctors can use to help patients who feel too exhausted or physically ill to finish their treatments on time and at the full dose. An American Medical Association study found that regular exercise may even improve the chance of survival for some breast cancer patients.

MIND AND BODY HEALING

In the two years after she was diagnosed with breast cancer, Bonni underwent seven gruelling surgeries, but says she never stopped exercising. "Fitness allowed me to have a place to put my mind when I was in turmoil, when I was scared," she says.

Bonni discovered that while there was a lot of expert advice when it came to her medical treatment, there was little guidance about how to develop an appropriate exercise plan. Bonni decided to work with a personal trainer and in the beginning, she says, even lifting her arms was a huge accomplishment because her surgery included the removal of all the lymph nodes under her arms. "The biggest change was in my own expectations of myself. I needed to learn how to slow down." Bonni started small, but she wouldn't let cancer get her down. "Committing to exercise gave me the confidence and encouragement, both emotionally and physically, that I would be whole again."

Last year, Bonni earned her personal trainer's certificate so that she could help other cancer patients and survivors achieve their fitness goals – and give them hope that there is life after cancer. "When someone tells me they're scared, I get it way better than somebody who has never had cancer."

Over the past year Bonni has volunteered at Wellspring, a Canadawide cancer support network, for which physiotherapist Jodi Steele has designed a free patient exercise program. It features individual assessments as well as group classes centred on interval training – gradual exercise with small bursts of intense activity between rest periods.

During her mother's treatment for lymphoma in the late 1990s, Steele realized there weren't a lot of exercise services available to patients. A kinesiologist at the time, Steele went back to school and made it her mission to become a cancer exercise expert. Five years ago, she opened Canada's first nonprofit cancer rehabilitation centre in Hamilton.

"I believe so strongly that exercise for patients [with any type of cancer] affects both quality of life and survival that I think it should be the standard of practice along with other treatments like chemotherapy and surgery," says Steele.

BENEFITS OF TAILORED PROGRAMS

Last spring, Mary Jane McKeen, 67, who fought – and won – a battle with cancer of the salivary gland, completed the 10-week program that Steele created at Wellspring. "Other gyms frightened me," she says. "This program was designed specifically for people like me. When I left, I had a good understanding of how my body worked and what I need to do to maintain a good level of health and to remain pain-free."

Steele adds that several things need to be taken into consideration when creating an exercise plan for someone with cancer. Each person's routine will be determined by his or her basic fitness level as well as the types of cancer treatment the patient has received. For example, she says, a woman who's at risk for lymphedema (a side-effect of breast cancer) shouldn't be doing regular pushups on the ground, and someone who's had abdominal surgery for stomach or colorectal cancer probably shouldn't be doing a regular sit-up.

"Someone who has had cancer shouldn't just walk into a gym and assume that the people there are going to know how to treat them," adds Steele.

More and more exercise programs designed for cancer patients are cropping up across Canada. S. Nicole Culos-Reed, an associate professor of kinesiology at the University of Calgary, works with Yoga Thrive, a program that focuses on helping people undergoing cancer treatment balance their bodies and minds. And health experts in Hamilton developed CanWell, a group that provides cancer patients with supervised fitness programs in their own communities. (Talk to your cancer care professional about what exercise options are available to you.)

Meanwhile, Bonni can barely keep up with the demand for her newly opened private fitness business in Toronto. "The message I want to put out is: 'Believe that you can do it,'" she says, fighting back tears. "Believe that you can get stronger. Believe that you can get better. And remember: Lying down doesn't move you forward. Getting up and walking does." ■

Is someone you love struggling with cancer? We offer tips on how to help a friend with cancer at canadianliving.com/october.

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Chocolate Pear & Almond Tarts

- Preparation time: 10 minutes
- Makes: 54 - 2" (5 cm) mini tarts

Ingredients

- 1 14 oz (398 mL) can of pear halves, drained
- 54 - 2" (5 cm) mini tart shells, precooked for 10 minutes
- 1/2 cup (125 mL) milk
- 1/2 cup (125 mL) 18% cream
- 1 egg
- 1 tsp (5 mL) almond extract
- 1/4 cup (60 mL) flour
- 1/4 cup (60 mL) ground almonds
- 1/4 cup (60 mL) SPLENDA® **Brand Brown Sugar Blend**
- 2/3 cup (160 mL) chocolate chips

Preparation

Preheat oven to 375 °F (190 °C).

Dry pear halves and cut into thin slices.

Place two slices of pear in each precooked tart shell and set aside.

In a bowl, whisk eggs then add milk, cream and almond extract until blended; pour mixture into tart shells until almost filled.

In another bowl, mix SPLENDA® **Brown Sugar Blend**, flour, ground almonds and chocolate chips. Spoon mixture on tarts and bake for approximately 20 to 25 minutes.

Nutritional Information

Serving Size: 2 tarts • Calories: 180 • Protein: 2 g • Total Fat: 11 g • Carbohydrates: 19 g

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The Nordic Way

I didn't pick up this calorie-burning workout by choice, but now I'd never give up my poles.

BY CHERYL EMBRETT

PHOTOGRAPHY BY EDWARD POND

It was one of my proudest moments as a longtime runner. I crossed the finish line at the Blue Nose Marathon in Halifax, my beloved hometown, with family, friends and my seven-year-old daughter cheering me on. As we celebrated overlooking the harbour, I thought, It doesn't get any better than this. Fast-forward one year to my orthopedic surgeon's office in Toronto on a sunless afternoon. "Cheryl," he said, "your running »

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Cheryl takes a breather after a workout in the park; after a bumpy start, Cheryl now has a solid grip on Nordic walking.

After four months of walking three or four times a week in all kinds of weather, I've lost almost 10 pounds, my arms are more toned, and I feel re-energized.

days are over." Decades of pounding the pavement had taken its toll, as had a family history of osteoarthritis. I'd also suffered some nasty injuries along the way, including a meniscus tear in my knee that still makes me cringe. But I'd been an avid runner for as long as I could remember, I was only in my 40s and Boston still beckoned.

I spent the next six months brooding, while my weight soared and my energy tanked. I knew I had to find a substitute for running, but I'd never been much of a swimmer, biking was too seasonal and Pilates too expensive. Then my sister-in-law suggested Nordic walking. She'd taken it up a few years ago after a back injury, and now poles a half-hour to work and back every day across the Angus L. Macdonald Bridge in Halifax, cheerfully ignoring the drivers who roll down their windows to quip, "Hey, you forgot your skis." »

GEARING UP

Nordic walking poles come with an instruction video and cost about $100 – considerably less expensive than that old treadmill gathering dust in your basement. To buy poles online, or to find a list of retail stores that sell them, as well as classes across the country where you can learn proper technique, check out Urban Poling (urbanpoling.com), a company based in Vancouver.

Take it easy at first, advises Pam Mazzuca Prebeg, an athletic therapist and personal trainer in Toronto, and make sure you invest in some good-quality walking shoes. Wear regular workout gear, stay hydrated and don't forget to stretch before and after your walk.

GUTTER CREDITS...

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Nordic walking, also known as urban poling or exerstriding, does look a lot like cross-country skiing – without the skis and snow. Not surprisingly, it started in Europe as a way for Nordic athletes to train in the off-season and is now being touted as one of North America's fastest-growing fitness trends. "It's a fun full-body workout that's good for all age groups," says Pam Mazzuca Prebeg, an athletic therapist and personal trainer in Toronto.

Because you're using your upper and lower body, you're targeting more muscles than you do when just walking – and getting a better cardio workout. Studies show that Nordic walking burns 25 to 40 per cent more calories than regular walking, while helping to improve your posture, strengthen your core and tone your arms, legs and butt. It's also a great rehabilitation tool, especially for anyone with knee or hip issues, says Mazzuca Prebeg, because it helps relieve stress on the joints.

NEED TO KNOW MORE?
Find all the info you need to take up Nordic walking at canadianliving.com/october.

TEAM SPIRIT

Still, I remained skeptical. How could a stroll in the park with some poles in hand replace the adrenalin rush of running? Reluctantly, I decided to take a class to find out. At 8:30 a.m. on a chilly Sunday morning last January, I met up with urban poling instructor Barb Gormley and her Toronto High Park group. They were impressively upbeat considering the time and the temperature. Barb fitted me with a pair of jazzy pink poles, and after a couple of practice turns around the parking lot, we set off. I was too busy trying to coordinate my extra set of "legs" to feel envious of the groups of spandex-clad runners who zoomed past us. I couldn't seem to get the hang of that smooth, rhythmic motion that moved the others effortlessly along the trails.

"Don't worry," Barb reassured me, "it'll click." Halfway through the hour-long lesson it did, and the little rubber "boots" on the ends of my poles tap-tapped rhythmically along behind me. I started to relax and enjoy the wintertime beauty of the park and the lively conversation of my fellow polers. They're a diverse group of men and women, ranging in age from 30 to 70-plus. One of the members was shaping up for a bike excursion along the Danube in Germany, while another had just returned from Nordic walking in Costa Rica with her kids. By the end of that first hour-long session, I was hooked.

After four months of walking three or four times a week in all kinds of weather, I've lost almost 10 pounds, my arms are more toned, and I feel re-energized. I still miss running – and probably always will – but I no longer consider walking a wimpy substitute. With poles in hand, I feel pumped in a way I don't without them. As my sister-in-law says, they force you to focus so you're not spending more time talking than you are walking.

Meanwhile, my Sunday morning group continues to inspire me, even on days when it's mostly rain, mud and hills. We've celebrated Sue's 70th birthday, Josh's 30-pound weight loss and soon, I hope, the completion of our first half-marathon together. I can't wait to pole across the finish line with my now-10-year-old daughter cheering me on. ■

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**Rogers Media. Pharmacy Post – OTC Counsellor. April 2009.*

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* These destinations include Africa, Southeast Asia, Latin America, Mexico and the Caribbean.[1]
† Caused by enterotoxigenic *E. coli*.

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Reference: 1. DukORAL® Product Monograph, sanofi pasteur, November 2007.

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Health Matters

PHOTOGRAPHY, PETER DAZELEY/GETTYIMAGES

GETTING AHEAD OF LICE

If your children's school calls to say your kids have lice, don't cringe in horror. Head lice is the second most communicable affliction, after the common cold, among school-age kids, says Dawn Mucci, director of Lice Squad Canada in Innisfil, Ont. Here's how to spot, treat and prevent lice.

• **Spot it.** Inspect your kids' hair weekly by checking the hot spots where lice most often lay their eggs: around the ears, crown of the head and nape of the neck, says Mucci. Eggs vary in colour from brownish-yellow to caramel.

• **Treat it.** Lice Squad Canada removes the eggs using a special comb that you can purchase from the company. This prevents new lice from hatching. To kill the actual bugs, the Canadian Paediatric Society recommends over-the-counter products that contain pyrethrin or permethrin, such as Nix Cream Rinse. These are safe for kids of all ages. The society warns that products containing lindane can be toxic to kids younger than two years old, and Resultz is not suitable for kids under four. Mucci adds that common home remedies, such as coating hair with mayonnaise, don't work.

If your kids have lice, there's no need to disinfect the whole house. Vacuum your carpets, and kill bugs on hats, pillowcases and other items that have come in contact with the children's heads by washing items in hot water and drying with high heat for 20 to 30 minutes. Storing these items in an airtight plastic bag for 24 to 48 hours also does the trick.

• **Prevent it.** You don't get head lice from bad hygiene, says Mucci, who adds that lice don't spread disease. Lice don't hop, jump or fly; they only spread through head-to-head contact or hair-to-item contact. Tell your kids to keep some distance from their friends when playing, and not to share hats, combs, hairbrushes or headphones. — *Elizabeth Zahur*

let's talk

YOU TOLD US

Last month, we asked: What do you think is the best way to keep your kids healthy and safe from germs at school?

- Tell my kids to wash their hands frequently during the day. **47%**
- Put hand sanitizer in their backpacks and ask them to use it. **18%**
- Accept that germs are a part of life and treat my kids' colds when they happen. **35%**

NOW TELL US

How diligent are you about doing a monthly breast self-examination (BSE)?

- I rarely do a BSE because I forget, or feel that I don't really know how to do it.
- I make sure I do it most months.
- I don't do it because the information on BSEs is confusing or conflicting.

Cast your vote at canadianliving.com/october. Results will appear in the November issue.

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test driven

Sports Bras

VOGUE HIGH IMPACT SPORT 6101, $32, features seamless moulded cups, provides maximum support and fastens at the back.

THE VERDICT

"It was very supportive even though it was extremely light and the fabric is breathable."

– Kate Buttery, Vancouver, reader

TRIUMPH TRI-ACTION, $38, is a lightweight, breathable underwire bra with a hook that fastens at the back.

THE VERDICT

"This bra provides great support – whether I'm running or doing a high-impact aerobics class."

– Wendy Graves, senior editor, Health and Life

LULULEMON FLOW Y BRA IV, $42, provides moderate support. The mesh back panel allows for ventilation.

THE VERDICT

"It's very comfortable and gave me a sexy lift. The only negative is how hard it is to get off after a sweaty workout."

– Gudrun Heinze, Toronto, reader

For shopping information, see page 245

Tip: A sports bra should be slightly tighter than a regular bra, but not dig in. Test by circling your arms, twisting and doing jumping jacks before you buy.

TRUE *or* FALSE?

HPV ISN'T THAT COMMON ANYMORE.

FALSE. A study by Canadian researchers of young couples who had been together for six months or less revealed that 56 per cent of them were infected with the human papillomavirus (HPV). Of those, 44 per cent had the type that can cause cancer. (The participants were women in university or college and their male partners.) The researchers also said that more than 70 per cent of women and men will have an HPV infection at some point. The good news: Fewer than one per cent of women who have HPV will get cervical cancer.

Talk to your doctor about HPV vaccinations for your daughter, or ask your teen or university-age daughter to speak with her physician. Studies are underway to see if men should also have the HPV vaccine.

EDITOR'S PICK

Enjoy a cup of tea in a beautiful mug while supporting people affected by breast cancer. When you purchase a Maxwell and Williams mug, $1 goes directly to Willow Breast Cancer Support Canada, which offers free programs across Canada. The mugs are $10 each and available in stores across the country. To find a retailer near you, call 1-800-263-3093. **TIP:** Read all about the benefits of green tea in "Fight Cancer in the Kitchen," page 63.

PHOTOGRAPHY: RYAN BROOK/TRANSCONTINENTAL DIGITAL SERVICES (BRAS); COURTESY OF SAMACO TRADING LIMITED (MUGS)

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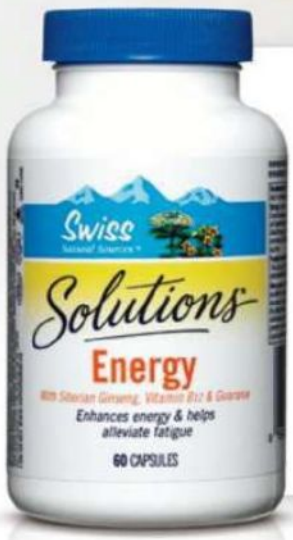

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off the shelf

Potatoes

Our nutrition expert looked at different potato products in the grocery store, and here's what she found.

BY CARA ROSENBLOOM, RD

Note: All of these options are low in sodium and high in potassium, which may help protect against high blood pressure. Potatoes are also high in antioxidants and fibre.

POTATO FROM THE PRODUCE AISLE

- Half medium-size (87 g): 81 calories, 0 g fat (0 g saturated fat), 19 g carb, 2 g fibre, 2 g protein, 8 mg sodium
- Contains 10 per cent of your daily vitamin C requirement
- The fat and calorie content increases if you add butter or sour cream
- The fibre in potatoes is mostly in the skin

ALEXIA SWEET POTATOES

- 12 pieces (85 g): 160 calories, 6 g fat (0.5 g saturated fat), 24 g carb, 3 g fibre, 2 g protein, 140 mg sodium
- Contains 30 per cent of your daily vitamin A and 10 per cent of vitamin C requirements
- The fat comes from healthy oils, such as sunflower and canola
- Have less fat than regular fries, and no trans fat

EUROPE'S BEST FIRST HARVEST BABY POTATOES

- 11 pieces (110 g): 110 calories, 0.1 g fat (0 g saturated fat), 24 g carb, 3 g fibre, 3 g protein, 10 mg sodium
- Contains 25 per cent of your daily vitamin C requirement
- Fat-free and low in sodium
- Pre-cooked; heats in four minutes
- Can be used to make potato salad

McCAIN PURELY POTATOES SWEET POTATO CHUNKS

- 1 cup frozen (110 g): 50 calories, 0.2 g fat (0 g saturated fat), 12 g carb, 2 g fibre, 1 g protein, 20 mg sodium
- Contains 30 per cent of your daily vitamin A requirement
- Fat-free and low in sodium
- Prewashed, peeled and diced; can be used to make roasted or mashed potatoes

LESSONS IN WEIGHT LOSS: WHOLE-LIFE MAKEOVER – MONTH 9

- **Dawn Burns** has reached her goal weight of 167 pounds (down from her starting weight of 190 pounds) and learned that "I can do what I set my mind out to do – and then some." Dawn says adding regular exercise to her life has made the biggest impact. "Every time my fitness trainer gave me a new program of exercises, I'd think, He's crazy. The first time I would do the exercises, they would be really hard. But then it got easier. So push yourself to that point where you don't think you can do it – and then do it. The next time will be easier."
- **Liz Pappas** is frustrated because she's not losing weight as fast as she'd like to. "I've had to learn to cut myself some slack and make small changes," she says. For example, Liz is now more aware of how much she eats, because portion control has been her biggest hurdle. If she can't get to the gym one day, she doesn't write off the whole week, as she used to. "I try to fit in a visit the next day and if there isn't a class I like, I work out on stationary equipment." Liz is also trying hard to kick her smoking habit. Every time she feels like smoking, she says she "thinks long and hard about whether I really want a cigarette."

– Ylva Van Buuren

PHOTOGRAPHY: LUIS ALBUQUERQUE (TOP); THINKSTOCK; NANCY FALCONI

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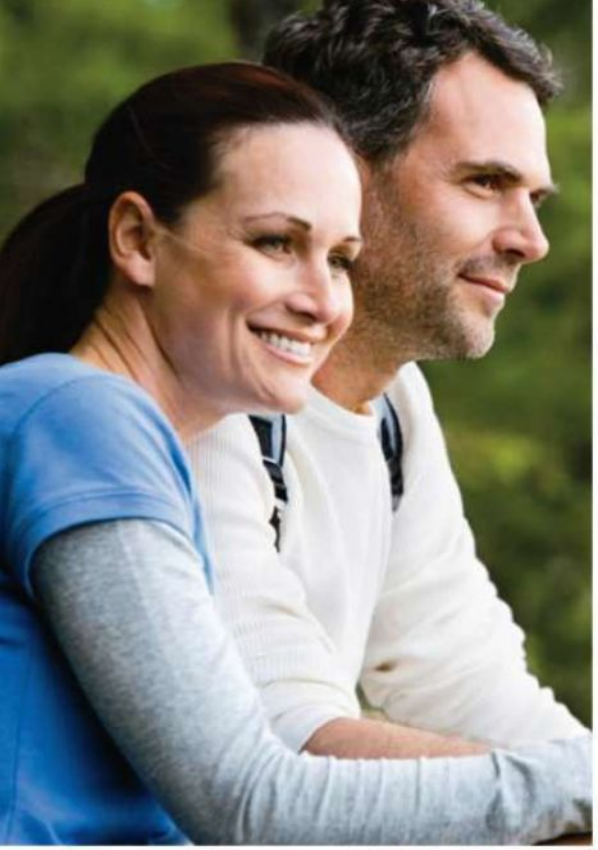

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lower cholesterol up to 10%

Look in the November issue to see how our volunteers fared with the lifestyle and dietary changes recommended by our experts – and find out how they tackled their cholesterol concerns.

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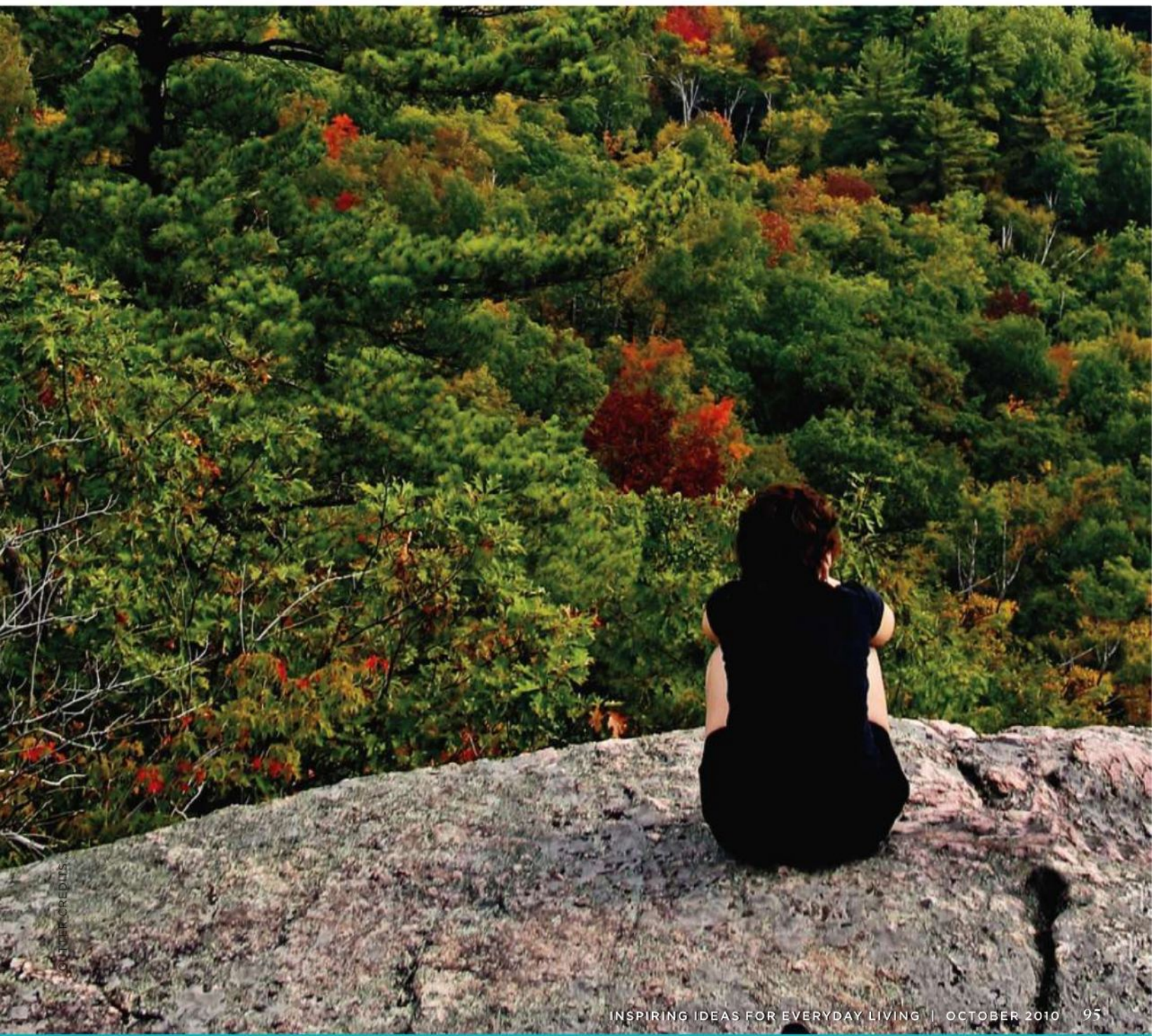
CAN'T FIND YOUR Gratitude?

Discover how being grateful can change the way you live.

BY CHERYL EMBRETT



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My daughter started teaching me about gratitude from the moment she was conceived. In my late 30s, I suffered a heartbreaking miscarriage and a frightening diagnosis of cervical cancer. I had resigned myself to the fact that I might never have a child when the latest in a long line of pregnancy tests came back positive.

Scotia arrived two months early, weighing just three and a half pounds. A short time later, she was diagnosed with a rare stomach disorder and had to undergo surgery. When she finally came home to the nursery we'd so lovingly prepared for her, I was overwhelmed with gratitude. That groundswell of emotion has coloured my life, and changed it immeasurably.

"Count your blessings" is something we're taught from an early age. It's definitely a sentiment we'd do well to cultivate, say the experts. Preliminary findings suggest that if we actively try to become more grateful in our everyday lives, we'll reap lots of benefits. "Grateful people experience higher levels of positive emotions, such as joy, enthusiasm, love, happiness and optimism," says Robert A. Emmons, a leading gratitude researcher and author of *Thanks! How the New Science of Gratitude Can Make You Happier* (Houghton Mifflin Harcourt, 2007).

Still, maintaining a grateful disposition isn't always easy. Life is busy, our expectations high, and we often take the important things – family, health and home – for granted. There's also a wealth of research that suggests we aren't as good at knowing what makes us happy as we could be, says John Zelenski, a psychologist who runs Carleton University's Happiness Lab in Ottawa. "There's a general tendency to think that material goods will make us happier than they actually do." In other words, even though we think that we may want a big-screen TV, it doesn't make us grateful in the way that a weekend with friends would. "In North America, we're more focused on ourselves as autonomous »

Start with a simple thank-you to the school crossing guard, your babysitter or the barista who makes your coffee in the morning.

PHOTOGRAPHY, THINKSTOCK (THIS PAGE AND PREVIOUS PAGE)

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individuals, and see ourselves as responsible when good things happen. That may be good for our self-esteem, but it doesn't promote gratefulness," he adds.

Julie McIlroy's wake-up call came at 41 when her brother died suddenly and she had to deal with the emotional fallout. "My mother became ill, my father couldn't cope and my nephew went off the rails," she recalls. "I was the one, despite experiencing a deep personal grief, who was expected to be strong and keep it all together." Then she was diagnosed with cancer. "I read somewhere that illness is God's reset button," she says. "It forces you to stop, look around and take stock of what's important." Before her diagnosis, Julie's career as an advertising executive in Toronto had become all-consuming, leaving little time for family, friends and painting, something she loved to do. After a year of reflection and healing, she decided to quit her job and start her own company. She also bought her first home to start laying down roots, and picked up her paintbrushes again. "I think there's a correlation between gratitude and acceptance," she says now, 12 years later, cancer-free and co-owner of a thriving advertising company. "I accepted the fact that I had to look after my nephew when my brother died and that I had to step up my care for my father. But out of that I gained a son and my father is now my best friend. Now I count my blessings all the time."

SO HOW DO YOU BECOME GRATEFUL?

As Pollyannaish as it may sound, gratitude does work best as a daily practice, says Kimberly Schonert-Reichl, an applied developmental psychologist at the University of British Columbia in Vancouver. It's like going to the gym – the more you do it, the better you feel and the easier it gets. "Our natural tendency is to focus on the negative, on what we don't have. To break that habit, »

JUST SAY THANKS

Make it a habit to show genuine appreciation for the people who are supportive and who make your life easier – perhaps start with a simple thank-you to the school crossing guard or your babysitter.

TAKE GRATITUDE "TIME-OUTS"

Every night before bed, Karen Holtenhoff, a mom of three in Toronto, and her family talk about three good things they're grateful for or happy about that day. "We started it because my seven-year-old daughter would always start to fret at night about something bad that had happened to her, and this was a way to end the day on a positive note," says Holtenhoff.

"Sometimes the kids are grateful for snuggles, their family or a vacation they had. Other times, it's what someone did for them – a friend helping them with a task, for example."

KEEP A JOURNAL

To get started, write down five things each day that you're grateful for. If you have a smartphone, you can even get a gratitude journal app to write or text in. "Some days your list will be filled with amazing things, most days just simple joys," says Sarah Ban Breathnach in *Simple Abundance: A Daybook of Comfort and Joy* (Grand Central, 2009). On days you don't feel thankful, settle for the basics: a pet, your home, your life. "By acknowledging what is working in our lives, we set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given to you," says Ban Breathnach.

When a group of teachers in Vancouver started using gratitude journals in their classrooms last year, they all came back with amazing stories, says Kimberley Schonert-Reichl, an applied developmental psychologist at the Univeristy of British Columbia in Vancouver. "One teacher said her grade 2 and 3 class went from writing 'I'm grateful for my Nintendo' to 'I'm grateful for the beautiful flowers I see on my walk' and 'I'm grateful for my mom.' And whenever her students were unhappy or upset, they would read their gratitude journals. They knew that it would help them feel more positive."

THINK OUTSIDE THE BOX

Look for new situations and circumstances in which to feel grateful, says Robert A. Emmons, a gratitude reasearcher and author – even if it means being grateful to someone such as a difficult colleague, for instance, who doesn't really deserve it.

USE AN E-REMINDER

"I'm grateful for gratefulness.org," quips Helena van Nooten of Toronto, who gets a "word for the day" sent to her work email. "I find it helps me connect to something other than the stress of getting things done."

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you have to form a new way of thinking about the positive."

Katarina Simons's aha! moment came as she was driving to a Coldplay concert in California eight years ago. Her husband had been transferred to Silicon Valley in California with his company, they had two adorable little boys and life was good. But all Katarina could think about was a gripe with her parents, how they'd never helped her develop her athletic abilities. "Here I was, driving this beautiful car to this fabulous concert in this beautiful place. And I thought to myself, What were my mom and dad doing at this point in their lives? They were struggling with three kids, having just moved from Croatia with nothing. They left everything to bring me to Canada so I could have a life of abundant choice and freedom – and here I was whining about what they didn't do for me."

Undoubtedly, it's easier to feel grateful when everything is chugging along nicely. When stressful things happen – a job loss, a diagnosis of illness or the death of a loved one – it's hard to stay positive and see the good around us. But these are the times when we are most in need of what gratitude can give us, says Emmons. "A grateful outlook on life appears to offer protection in times of crisis." When I unexpectedly lost my job shortly after Scotia was born, I was shell-shocked. I'd been with the same company for 20 years and suddenly my future seemed a lot less secure.

My first impulse was to hide under the covers. But I decided to view this as a chance to spend more time with my toddler and start a freelance writing career. Cliché, yes, but it turned out to be the best thing that ever happened to me. I've learned, through all the ups and downs, that while gratefulness is not a panacea for everything that ails us, it does make life easier. That doesn't mean I always walk around brimming with joy. But on the days I see the glass as half full, the people around me seem happier, and I'm happier and more pleasant to be around, too. And when I fall from grace, as we all do, I have a beautiful, healthy 10-year-old to remind me of everything I have to be grateful for. ■

let's talk

YOU TELL US

Share how you've experienced gratitude and how saying thank-you makes you feel super-duper, at canadianliving.com/october.

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me to we

Changing the world we live in isn't as difficult as you may think. Meet six Canadians who'll show you how.

BY ELIZABETH ZAHUR & JAIME EISEN

Motivation. Passion. Determination. Empathy. These are traits that all six of this year's *Canadian Living* Me to We Award winners share. From the nine-year-old girl who gives up birthday presents to raise money for kids in India to the CEO who is devoting her energy to preventing the sexual abuse of children, this year's winners are all "ordinary" Canadians who have made an extraordinary impact in their communities – and the world.

For five years, *Canadian Living* Magazine and Me to We founders Craig and Marc Kielburger have honoured those who truly think "we" before "me." Offering winners $5,000 each to donate to a cause that they are passionate about, the *Canadian Living* Me to We Awards help these heroes to continue helping others.

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AWARD WINNERS

(From bottom left):

Julia Thicke • Youth (12 and Under)
Brennan Wong • Free the Children
Melanie Morris • Educator
Troy Becker • In the Community
Zac Andrus • Youth (13 to 17)
Glori Meldrum • Social Action

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FREE THE CHILDREN
children helping children through education

A note from Craig and Marc

Every year gets more and more exciting for us at Free the Children and our sister organization, Me to We. Here are a few highlights from 2009 and 2010.

- Free the Children organized two hugely successful We Day events – one in Toronto and, for the first time, one in Vancouver, where 32,000 students heard from the Dalai Lama, Elie Wiesel, Dr. Jane Goodall and many more inspiring speakers.
- On Nov. 20, 2009, 32,000 young people in 67 countries took Free the Children's Vow of Silence to raise awareness of children's rights.
- In February, students across North America joined One Night Out, the first in a series of annual local campaigns bringing attention to homelessness in our communities.
- The Me to We Leadership Centre opened its doors. Located just one hour outside of Toronto, it is a space for retreats, conferences and leadership seminars.
- Me to We Books has just released a revised and updated edition of *The World Needs Your Kid: Raising Children Who Care and Contribute*, as well as a collection of firsthand accounts of injustice and inspiration called *Global Voices: The Compilation*.

To get your kids or yourself involved, please visit freethechildren.com and metowe.com.

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SOCIAL ACTION

Glori Meldrum • Edmonton

Glori Meldrum is a little warrior. Between the ages of eight and 10, she was repeatedly sexually abused by a relative. Faced with a family in denial, she was suicidal by age 12. But rather than take her own life, Glori chose to fight.

A self-described "tough kid," Glori is now a married mother of three and successful entrepreneur who runs two companies, G Squared and Trafik Interactive. While these responsibilities would be enough to keep most people more than busy, Glori wanted to do more. So four years ago she founded Little Warriors, a national organization that educates adults about the sexual abuse of children and teaches them how to prevent it. "We talk about what situations to be mindful of, the signs and symptoms to look for and what to do when a child discloses [that he or she has been abused]," says Glori of the three-hour training programs that Little Warriors holds in cities across Canada.

The Little Warriors website has received five-and-a-half million hits in the past 24 months, and in just a few years 150 trainers have educated more than 3,000 people. Glori hopes to train and empower 100,000 more individuals, with a focus on educating teachers. She also wants to build a ranch for survivors of sexual abuse so they have a place to go to heal, and to show more victims that they can speak out, become warriors and survive – like she did.

"Sexual abuse of children was a darkness people wanted to keep buried," says Glori. "No one wanted to talk about it before, but now they are and, for me, that is key."

– Elizabeth Zahur

• Glori will use her Me to We Award money to provide bursaries for people who can't afford to attend the Little Warriors training program (sessions cost $40).

EDUCATOR

Melanie Morris • Tofino, B.C.

Creating a welcoming school environment in a community plagued by poverty and exclusion is this elementary school teacher's mission. Melanie Morris has headed up several community-building activities at Wickaninnish Community School in Tofino. At family dinner nights, her students cook an entire meal for their families and present their latest school accomplishments.

Melanie also established a Big Buddy program that encourages older students to mentor younger ones as they complete weekly assignments. Last year, she oversaw two successful new projects – a leadership program and a student council – that she would like to expand.

Melanie, who grew up in Ottawa and was drawn to Tofino because she loves kayaking, is also a board member of the Raincoast Education Society (RES). This nonprofit organization educates people about sustainable living and environmental stewardship. "I feel there's a real disconnect between a lot of children and their natural environment these days," says Melanie. "One of my goals is to reconnect them." Last year, her students visited the mudflats (a local wetlands area) and went to a sustainability camp as part of a partnership with RES to give kids a more hands-on educational experience.

"I see whole families who traditionally have never stepped into the school come [inside] with smiles on their faces," says Melanie. "They're interacting with other parents and there's a jovial, happy atmosphere. It makes all the difference in the world." *– E.Z.*

• Melanie will donate her prize money to three schools on the West Coast so they can continue to provide outdoor education to students. »

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YOUTH (12 and Under)

Julia Thicke • Vancouver

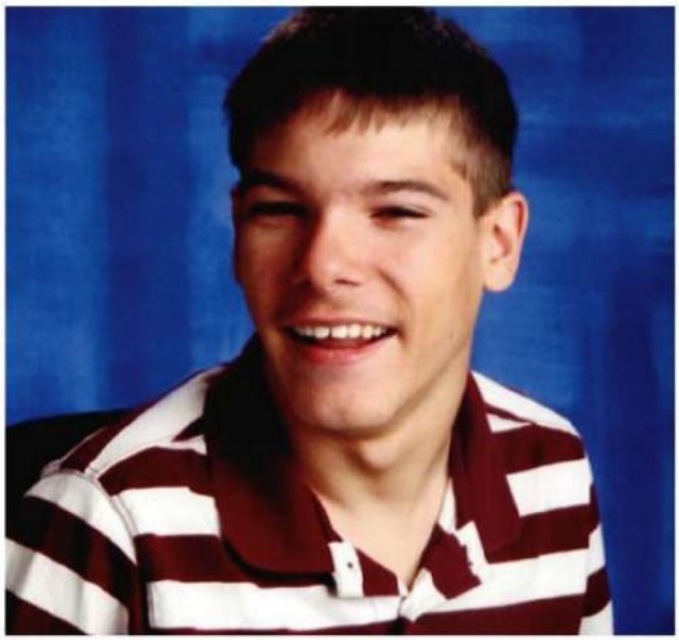
Julia Thicke, 12, has always been passionate about making a difference. That's why, when she learned that many youth in India don't have a place to play, she was outraged, and became determined to deliver her overseas peers the playground they deserve. "I just wanted to help give them something fun," says Julia.

Family friends Jon and Suzi Livingstone put Julia in contact with the Dalit Freedom Network, an organization devoted to raising awareness and funds to aid the Dalit – a group of 250 million people who are considered to be the lowest members of Indian society. The Dalit people live in poverty and are denied access to public education and health care.

Julia began to forgo birthday presents, asking for donations to her cause instead. Last February, she planned a Bollywood-themed school dance, with all proceeds going toward building the playground. Julia raised nearly $900 – enough money for a playground at one of the Dalit Freedom Network's elementary schools in a rural village outside the city of Hyderabad, India.

Today she has provided hundreds of children with a place where they can enjoy swings, a slide, a seesaw and a merry-go-round. Julia continues to speak out about the plight of the Dalit people, highlighting the need for international aid and inspiring many of her peers to get involved. "Sometimes it seems like kids can't help," she says. "But they can make a big difference in the world if they have the opportunity." *– Jaime Eisen*

• Julia's Me to We Award money will be donated to the Dalit Freedom Network.



YOUTH (13 to 17)

Zac Andrus • Port Hope, Ont.

Zac Andrus, 16, has cerebral palsy, but he has never let it stop him from making a difference and motivating others to do the same. When Zac was six years old, he asked his mom why he couldn't play on the swing at his local park. "When she told me why I couldn't, I was so sad," he says. "It wasn't fair that there wasn't an accessible swing for people with disabilities."

In 2007, Zac started fund-raising for a fully accessible playground in his hometown of Port Hope, Ont. He visited local schools to deliver speeches about living with a disability and about his hope to one day be able to play on his neighbourhood playground. Through various initiatives, Zac raised $30,000. Last November, he watched his dream become a reality as he gathered with his family, friends and neighbours for the unveiling of Port Hope's first accessible playground – aptly named Zac's Dream.

Not only has Zac created a fun park for everyone in his community, but he has also proven that, with passion and determination, anything is possible. *– J.E.*

• Zac's Me to We Award money will be used to build family washrooms at the local pool and a lift at the Port Hope arena. »

To learn more about the Me to We philosophy, visit canadianliving.com/october.

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IN THE COMMUNITY

Troy Becker • Kelowna, B.C.

After Troy Becker witnessed the physical and mental health benefits that his sister-in-law, who had Down syndrome, gained from outdoor activity, he was inspired to bring the same experience to other people with disabilities. In 2001 he founded the Community Recreational Initiatives Society (CRIS) Adaptive Adventures to serve people in and around Kelowna, B.C.

"The biggest part of our mandate is inclusion – of the outdoors and of other people," says Troy, who also works as a full-time firefighter with the West Kelowna Fire Rescue. Using special equipment, CRIS Adaptive Adventures provides hiking, kayaking and cycling excursions for people with disabilities. Troy says these outings create a strong sense of community and belonging in both the participants and the able-bodied volunteers. "The volunteer receives a great deal of motivation from the person in a wheelchair," he says. "It's not just about individuals on a hill, for instance, but everyone coming together as a team."

CRIS Adaptive Adventures makes more involved outdoor adventures possible as well, ranging from accompanying a quadriplegic man on a seven-day backpacking trip, to helping a woman with multiple sclerosis climb a mountain.

According to Statistics Canada, about 4.4 million Canadians (14.3 per cent) reported having some sort of disability in 2006. Troy estimates that his organization provides more than 1,000 opportunities for persons with disabilities each year. He hopes to secure more funding so the group can help even more people. – *E.Z.*

• Troy will give his Me to We Award money to CRIS Adaptive Adventures.

FREE THE CHILDREN

Brennan Wong • Richmond Hill, Ont.

Brennan Wong has been working with Free the Children (FTC) since he was eight years old. Now 12 years old, he is one of the organization's most dedicated and energetic volunteers.

Brennan has taken part in numerous FTC programs, including Take Action Academy, Vow of Silence, Halloween for Hunger and the Brick by Brick campaign. Last year he helped Me to We build a school in China, and this year he did the same in India.

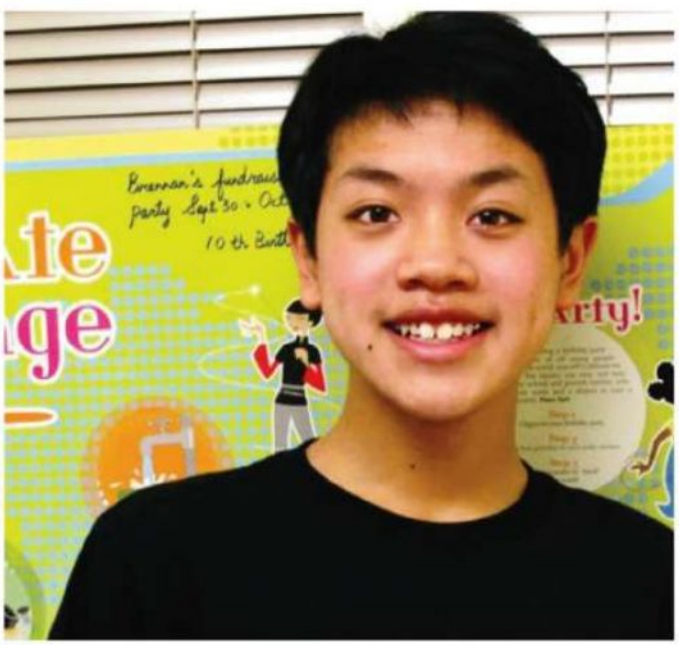
"Free the Children is kids helping other kids," says Brennan. "We'd usually be playing video games or buying things, but using our time to help other people is so much better."

As a Me to We Mobilizer, Brennan encourages others to join FTC efforts and champion social issues. He says he wants to "inspire others to make a difference" and get involved in FTC initiatives such as Celebrate for Change, in which kids ask for donations to a cause in lieu of birthday presents.

As well, Brennan has organized his own initiatives for FTC, including jewelry sales, movie nights and coin drives at his school. He has also introduced the cause to many of his peers through his birthday parties, where he asks for donations for FTC's Adopt a Village program.

"Young people can play the really important role of challenging others to rise above the ordinary and answer the call. Our generation has the courage to make real changes." – *J.E.*

• Brennan's prize is a trip to help FTC build a school. »



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HONOURABLE MENTIONS

SOCIAL ACTION

• Nigel Bart, who was diagnosed with schizophrenia at age 19, is the founder of Artbeat Studio in Winnipeg. The studio promotes healing through creative endeavours by providing work spaces, resources and peer support for artists living with mental illness.

• Edith Regier recognized the need to stop gang violence in Winnipeg. And so she started the Crossing Communities Hip Hop Multi Media Youth Project, where she provides marginalized youth with classes in visual art, dance, film, spoken word, and global issues.

EDUCATOR

• Lindsay Müller used to volunteer at an elementary school on a First Nations reserve in northern B.C. Now she runs its music, art and drama program and organizes homework clubs at another school in Watson Lake, Yukon.

• Amalia Liogas used her experience as a computer science teacher to help bring about social change. She has taught her students in Westmount, Que., how to make public service announcements, develop websites and create posters about social issues, and even helped them organize a two-day conference, Green vs. Greed.

IN THE COMMUNITY

• Debbie Magwood, a three-time cancer survivor, created the West Island Cancer Wellness Centre in Montreal to provide free support and wellness programs for anyone living with cancer.

• Tina Bender co-founded City Kidz, an organization that provides at-risk youth in Hamilton with food, support and role models. She says the organization helps over 2,200 youth on a weekly basis.

YOUTH (12 and under)

• Hannah Newbury of Vancouver has always been an advocate of healthy eating. Through her Penny Project she has raised close to $4,000, spending it on healthy foods for those in need.

• Emily Bradley was inspired to help her community in Welland, Ont., after the city's three largest employers left town. She volunteers in a community garden harvesting vegetables for the food bank, asks for food bank donations instead of birthday presents every year and has also raised over $6,800 for the Canadian Cystic Fibrosis Foundation.

YOUTH (13 to 17)

• James Brooks's love of monkeys and apes led him to establish apeaware.org, a website devoted to saving his favourite creatures from extinction. The London, Ont., native also started 1000classrooms.org, a project that helps other kids get involved in providing relief for the people and animals of the Democratic Republic of Congo.

• Ankita Gupta took on the challenge of motivating her peers to help tackle poverty in northern Ontario. By organizing pizza lunches and bake sales, this Toronto teen has helped bring food, clothing and water-treatment systems to First Nations reserves.

FREE THE CHILDREN

• Aimee Admana of Surrey, B.C., helped motivate her peers to raise $8,800 to build a school in Sierra Leone through Free the Children (FTC). She has also planned many fund-raising events and awareness conferences in her community.

• Corey Reid has shown remarkable dedication to FTC's Edmonton chapter. He played a key role in organizing Hope for Haiti, an FTC event that raised $25,000 to support Haiti relief efforts. ■

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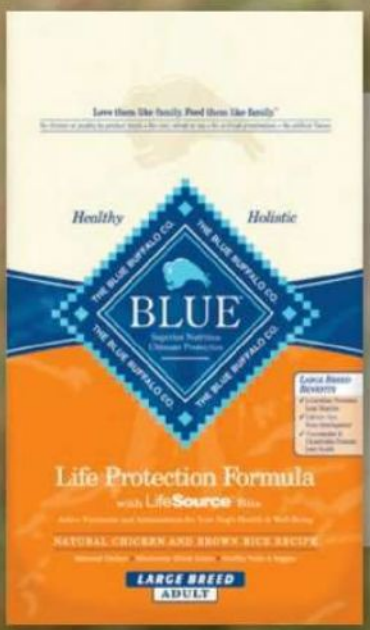

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Bray Me a Tune

For donkey's years I've tried to forget this musical mishap.

BY DOUG O'NEILL

I succumbed to the call of the piano, even though the only ivories I'd ever tickled were on our old Olivetti typewriter.

DOUG O'NEILL is currently tuning his senses in a nine-step program in mindful awareness.

My dad always taught us to be grateful for any educational opportunity that came our way. He looked fondly on his schooling, all eight years of it, in a tiny one-room schoolhouse in a place called Vigo, Ont., a place that barely registers on municipal maps. He ended his studies after Grade 8 to work on the farm, when most of his older brothers signed up for service at the start of the Second World War.

Perhaps it was this that instilled in me a lifelong commitment to seizing any educational offering that presents itself. Friends and family jokingly inquire about the latest night-school program or weekend how-to seminar I've signed up for, which have run the gamut from Spanish-language tutorials to fail-safe pastry baking. In my early 30s, I succumbed to the call of the piano, even though the only ivories I'd ever tickled were on our old Olivetti typewriter.

So, with Dad's prompting in my ear (he had died a few years earlier), off I went to a fancy music store in downtown Toronto to rent an electronic keyboard, which earned a place of honour on the dining room table of my second-floor apartment in an old Victorian house. I promptly signed up for Beginner Piano for Adults, where I was determined to channel my inner Liberace.

I started with the scales, and then graduated to basic songs, one of which was "Sweetly Sings the Donkey." I'd get out of bed at 5 a.m. to practise. The downside of living in a century-old home is that its weathered floorboards and thin walls ably conduct noise. Out of consideration for my rather quiet downstairs neighbours, who were also the landlords, I equipped myself with headphones, so I was free to crank up the volume.

For 45 minutes each weekday, I practised "Sweetly sings the donkey at the break of day, HEE haw, HEE haw," slamming down on the D and G notes to breathe artistry into the rather lyrical "hee haw, hee haw." This went on for several weeks, until one morning, as I was heading out the door, my landlady, Jan, shuffled to the front entrance, looking wan and dishevelled. "So, Doug, I see you've, um, taken up the piano. I have to say, you're, er, quite committed to your practice."

I beamed. "Yes, Jan, I'm thrilled." On my way out the door, I thought, Funny, I don't remember mentioning my piano playing to Jan. Perhaps she'd been in to repair the clogged sink and spied the keyboard. I had a worrying feeling in the pit of my stomach. I skedaddled back to my apartment. Sure enough, the headset was plugged into the piano – but into the wrong slot, rendering it useless. Jan and her husband had been treated to daily crack-of-dawn recitals of my braying "Sweetly Sings the Donkey" for the previous five weeks. Another one of my dad's maxims rang in my ear: "You learn something new every day, but sometimes the lesson is a surprise in itself." Yup, thanks for that, Dad. ■

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Auto 2.0

Consider the latest features you want in your next automobile.

BY ANNE BOKMA

Rear-view cameras, nighttime pedestrian detectors, built-in child booster seats – there's a whack of new features in automobiles these days, and they're not the only things to consider before heading out to the dealership. Here are five things to think about before laying out the cash – that probably weren't an option when you bought your last vehicle.

INCREASED BARGAINING POWER

"Carmakers have been overproducing for 10 years, but once the recession hit, they found themselves with a lot of inventory and a scarcity of buyers," says George Iny, director of Automobile Protection Services in Montreal. The result? A spike in zero per cent financing deals and generous cash rebates. When it comes to haggling over price, check out carcostcanada.com; it's $40 to join, but it lists the retail and wholesale prices for all new cars. (Visit canadianliving.com/october for negotiating tips.)

IMPROVED RELIABILITY

Toyota's recall of more than eight million vehicles to fix sticky pedals and misshapen floor mats that were linked to sudden unintended acceleration has renewed carmakers' focus on reliability, says Jim Davidson, president of CarSmart, a Toronto-based car brokerage firm. Auto experts agree that the most objective source for reliability ratings is *Consumer Reports* (consumer reports.org). An online subscription is $26 per year.

SAFETY FEATURES

These include a sensor system that detects when your car is too close to an object – or person – when backing up. Blind-spot sensors and "drowsy driver" alerts beep if there's a car hidden from view in the next lane or if you veer into another lane without signalling. And electronic stability control, which helps you keep control on slippery roads, will be mandatory in all 2011 vehicles.

ECO-FRIENDLINESS

Reduced emissions and fuel economy are common buzzwords, but despite the hype over hybrids, they represent only a small portion of the market, says Greg Wilson, editor-in-chief of CanadianDriver.com. "Plug-in hybrids and electric vehicles coming out in the next few years will expand the market, but a lot depends on how fast municipalities install the infrastructure, such as charging stations, for electric vehicles." British Columbia, Manitoba, Ontario, Quebec and Prince Edward Island offer tax rebates or credits of $1,000 to $3,000 for fuel-efficient vehicles and hybrids.

COMFORT FEATURES

We're talking telescoping steering wheels, adjustable pedals, iPod connectors, and auxiliary jacks and 12-volt outlets for entertainment accessories. Seat heaters have been around for a while, but some higher-end cars now have ventilated seats to keep you cool while cruising. ■

WATCH OUT FOR MAINTENANCE COSTS

Sticker price isn't the only cost factor to consider when buying a new car. Ongoing maintenance expenses will include insurance, gas and repairs. For a compact car, you'll typically pay about $1,500 in insurance, $1,500 for gas and $1,000 for repairs each year, says George Iny, director of Automobile Protection Services in Montreal. Expect to pay about $1,000 more for gas and $500 more for insurance if you purchase a higher-end model.

ANNE BOKMA, who writes frequently about saving money, found her last car, a 2007 Chevy Uplander, for $7,500 on Kijiji.

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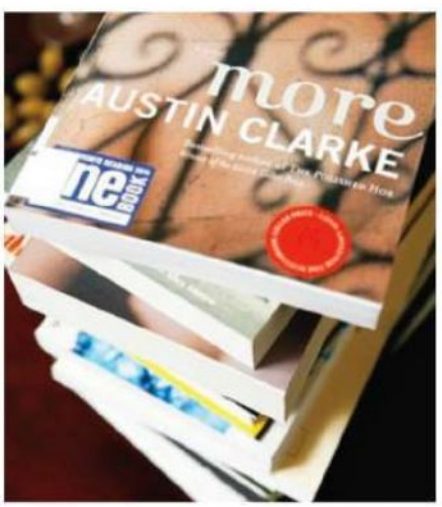
West Side Stories

BY DOUG O'NEILL
PHOTOGRAPHY BY HENRIETA HANISKOVA

This is the story of an all-women book club in west-end Toronto. They share their favourite book titles, tips on what makes a great book club, and in the same breath, a handful of them will tell you how to tackle a seemingly overwhelming adversity such as cancer – and why they created an annual fund-raising series called Read for the Cure.



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Sara Street (left), Christine Biggar and Emily Eayrs Babiak: good books, good wine, good friends.

It's Monday night, a relaxed summer evening in a comfortable living room in west-end Toronto. An even dozen of the West Side Stories book club members have convened. Two are absent: one is juggling work and child-rearing while the other has injured her ankle in a soccer match. The conversation is flowing freely and so, too, is the wine. The air is filled with camaraderie and laughter – and the affection they have for one another is as palpable as paper. At first glance, I liken them to those entertaining southern belles in the movie *Steel Magnolias* (minus the Dolly Parton hairdos), but two hours later I wonder if I'm not in fact hanging with six sets of Thelma and Louise. There's an undeniable undercurrent of determination and thinly veiled grit that quietly (and, sometimes, not so quietly) drives these women. In addition to reading, laughing and exploring literature, and swapping details of their lives, they have stared tragedy in the face, and several have found a few well-chosen words to blaspheme a beast called cancer. And that's not surprising: For it is words, you see, that brought these women together in the first place. And it is words – books, in fact – that spurred several members of the West Side Stories club to become the core of a national campaign to fight cancer.

OPENING CHAPTER

Emily Eayrs Babiak had just moved to a new neighbourhood in the western reaches of Toronto in the fall of 1994. "My kids were settled in their new school, and I thought a book club would be a good way to meet people." At the end of each week, Emily's son came home from school with a batch of announcements called the Friday Folder, so she submitted an »

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announcement: "Anybody interested in joining a book club, call me." Emily was surprised to get half a dozen responses right away. "We held the first meeting in my basement because I was so afraid of waking up my children. We got off to a roaring start with Roddy Doyle's *Paddy Clarke Ha Ha Ha*. The discussion was stimulating and congenial."

Others joined. Most lived in the west-end area and had school-age children. "In addition to engaging conversation, the book club also provided us with community," says Emily, "a place where women could be part of a group, which can be difficult in a city." The membership was capped at 14 after Christine Biggar joined in 2000.

They are a mixed bunch. "One of the things I love most," says Sara Street, "is that I've met people that I wouldn't encounter otherwise. And with it comes a rainbow of opinions, different takes on books, and I find that challenging."

Emily puts her people skills to work in real estate; Christine and Sara are trained librarians, as is Pat Butler, who is also a music teacher and recently started a small business to help seniors who have lost their jobs; Elizabeth Gordon is an intensive-care nurse; Sarah Keating is a physician at a Toronto hospital; wise-cracking Sheila Malloch and Massachusetts-born Martha McGloin are teachers; Barb Steele works at Canadian Business for Social Responsibility; Lynne O'Neill consults on executive leadership; and Petra Osske works for an airline. Some of them were raised in cities such as Vancouver and Montreal, and then there's children's author Beth Pollock, who grew up on a farm near Rodney, Ont. Most of their collective offspring are now in university, though Patty Staite and Sheila still have kids in elementary school, and Ruth Stirtzinger, a psychiatrist, is busy with two young boys.

THE GLUE THAT BINDS THE BOOK CLUB

Beth pinpoints two key ingredients in the club's longevity: "respect and a willingness to listen." Martha echoes this idea. "We are able to challenge and take risks with each other, raising issues or sharing thoughts... feeling safe because there is little judgment, lots of support."

West Side Stories has shied away from having too many rules. Barring holidays and school breaks, the group meets on the third Monday of each month, taking turns hosting. Lynne sums it up: "At 54, I have little appetite for being told what to do and when. Our club likes reading, having fun and eating good food. It is not meant to be a replacement for the master of literature you never had time to get." A few of their guidelines: No cross talk; only one conversation at a time; if you've not read the book, come anyway – just don't squawk if there's a spoiler in the discussion; arrive on time; provide wine and nibblies if you're hosting; and be open to spin-off debates.

When asked to share her top pointers for successful book clubs, Pat listed "Don't take yourselves too seriously!" as "tips No. 1, 4, 7 and 10!" – which gels with Sheila's description of the club as being "neither a university course nor group counselling session."

It was Sheila who once summarized the incredibly popular – and incredibly sentimental – bestseller *Eat, Pray, Love* with this pithy one-liner: "So, she gets married and moves to New Jersey. The end. Pfft." »

PAGE ADVICE

Read the West Side Stories' 20 tips for successful book clubs and 10 unexpected benefits. Visit canadianliving.com/october.

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READ FOR THE CURE AUTHOR EVENTS

If you're heading to one of these gatherings, don't expect your traditional author readings. What you'll get is an evening of food, wine and spirited discussions with other booklovers as a who's who of CanLit shares personal experiences of writing – and reading. Proceeds of the Random House Canada–sponsored event go to The Cancer Research Society, specifically for the environment cancer fund.

- Oct. 6, Ottawa: Ian Brown, Camilla Gibb and Ruth Rakoff, with CBC's Adrian Harewood as MC.
- Oct. 20, Toronto: Catherine Gildiner, Annabel Lyon and Linden MacIntyre, with CBC Radio's Carol Off as MC.
- Nov. 30, Toronto: Margaret Atwood, Karen Connelly and Joy Fielding, with CBC Radio's Eleanor Wachtel as MC.

Buy tickets at readforthecure.ca, or call 1-888-222-6608.

CANCER, CANLIT AND CASSEROLES

Sara will never forget the morning of Feb. 28, 2005. "I went to Mt. Sinai Hospital in Toronto for a routine mammogram and they found breast cancer," recalls Sara. "It was a very aggressive form. They scheduled me for surgery right away." In shock, Sara walked down three floors to the office of West Side Stories pal Dr. Sarah Keating. "My book club has been there literally since the first moment of my cancer journey," says Sara, who got what she needed most at that moment: a hug. After she told her family, Sara shared her diagnosis with an email to all of the book club members. "I knew I wouldn't be able to hide the effects of chemotherapy – losing my hair, wearing a wig. And I also knew I couldn't face this alone."

Like the first stone dislodged from a once-secure foundation, it seemed life for the West Side Stories gang started to crumble with that one message through cyberspace. Patty, a mother of four whose youngest child was only a toddler, replied to Sara's email. Her husband, Noel, was struggling with prostate cancer that had metastasized. A day or so later, Sara received yet another email from Emily: "I've had a recurrence of cervical cancer." Emily hadn't told her book club that the hysterectomy she'd undergone two years earlier was because of cancer. "I had been private about it, but this time I felt different," she says.

Christine, who was busy rearing two sets of twins in their teens, had spent most of the previous year as primary care giver and health advocate for her mother, who had battled and died of pancreatic cancer. Around the time of Sara's diagnosis, Christine had been thrown back into the breach when her grief-stricken father was diagnosed with colon cancer – two weeks after her mother's funeral. He would die before the year was out. Just two months after that loss, Christine's brother-in-law was diagnosed with colon cancer. And all the while, Sara was going for chemotherapy (which overlapped with Emily's radiation treatment) and she was concerned about her mother, who battled breast cancer a few years earlier. "It seemed endless, all this illness and sadness," recalls Emily.

This tsunami of cancer was also difficult for Pat, who was in the grip of a triple cancer whammy of her own. "In the spring of 2002, my father was diagnosed with bladder cancer, my mother with colon cancer and my husband with prostate cancer." Her father passed away in 2005, and her mother in 2006. Pat's husband, thankfully, is now cancer-free.

On the bell curve of human misfortune, the West Side Stories gang was peaking. Any other group would have buckled under this tangle of tragedy. Books – and their book club – became the escape from the rigours of chemotherapy, radiation, depression and worry about friends and family. Christine showed up on book club nights even when she hadn't read the book. "There was never any judgment for not reading a book. Those Monday nights were my only escape. I'd spend the day driving someone to health appointments, arranging home care and navigating our hellish health-care system, and the club proved a constant source of support throughout all of it."

"There was huge emotional support," says Sara. "These women have become another family for me. I was driven to chemo appointments and taken on outings. Muffins, casseroles, flowers, books by my favourite Canadian authors – they all just showed up on my doorstep." »

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And that's when Emily called to say, "Let's do something." Books had kept her sane throughout her treatments. "Cancer can bring you to your knees: You're bombarded with treatments; you spend hours in the hospital while people are screaming. You want to escape; books were my companion. One day I went out with Sara and asked her if we could do something. That was a real turning point in my recovery. I was able to climb back up by focusing on hope and belief in the future." Sara recalls being similarly energized ("Cancer made me more proactive," she says). Patty and Christine were immediately on board. "We decided to make the best of a bad situation. It was horrific, but we wanted to channel this energy," Emily says. "And our book club was a critical piece, the cog in the wheel to get it started. The club was crucial in spreading the word."

A NEW CHAPTER BEGINS

Emily, Sara, Christine and Patty (who had just lost her husband) explored fund-raising ideas to connect books and cancer. Susan Culver, a friend from another book club, jumped in to help on the website and legal matters. They landed on the idea of an author event, rather than a reading ("People doze off during readings," quips Christine). Through a fortuitous string of connections and phone calls, they arranged a meeting with Random House Canada, where they met the "scary smart but oh-so-sweet" marketing manager Randy Chan, who was bowled over by their energy and became a rock of support. "They were mapping out something original and exciting: how to turn a love of reading into a fund-raising effort for cancer research," recalls Randy. They chose the Cancer Research Society's environment cancer fund and, thus, Read for the Cure was born.

The first author event at the Gladstone Hotel in Toronto in 2007 raised $20,000. Last year events brought in $70,000 at larger venues in Toronto and Ottawa. The roster has included such CanLit luminaries as Wayson Choy, Miriam Toews, Jan Wong, Catherine Gildiner and Ian Brown. This year they're thrilled to add Margaret Atwood and Linden MacIntyre (see Read for the Cure Author Events, page 120).

Other West Side Stories members have helped at author events since Day 1 – even making sandwiches ("We fed the authors ourselves in the early days to save money," says Sara) and stuffing grab bags.

THE LAST WORD

Barbara W. Tuchman once wrote that "books are humanity in print." Perhaps such praise could be applied to book clubs and the people who join them. Beth recalls being on her first maternity leave in 1994, and in need of mental stimulation. "I walked into a bookstore in the west end and said, 'I'm looking for a book club.' They gave me Emily's name and I showed up at the meeting not knowing a single person. It was exactly what I was looking for. Fifteen years later, I've seen their children grow up, and parents and loved ones pass away. I know that these women will be by my side, no matter what life brings me." ■

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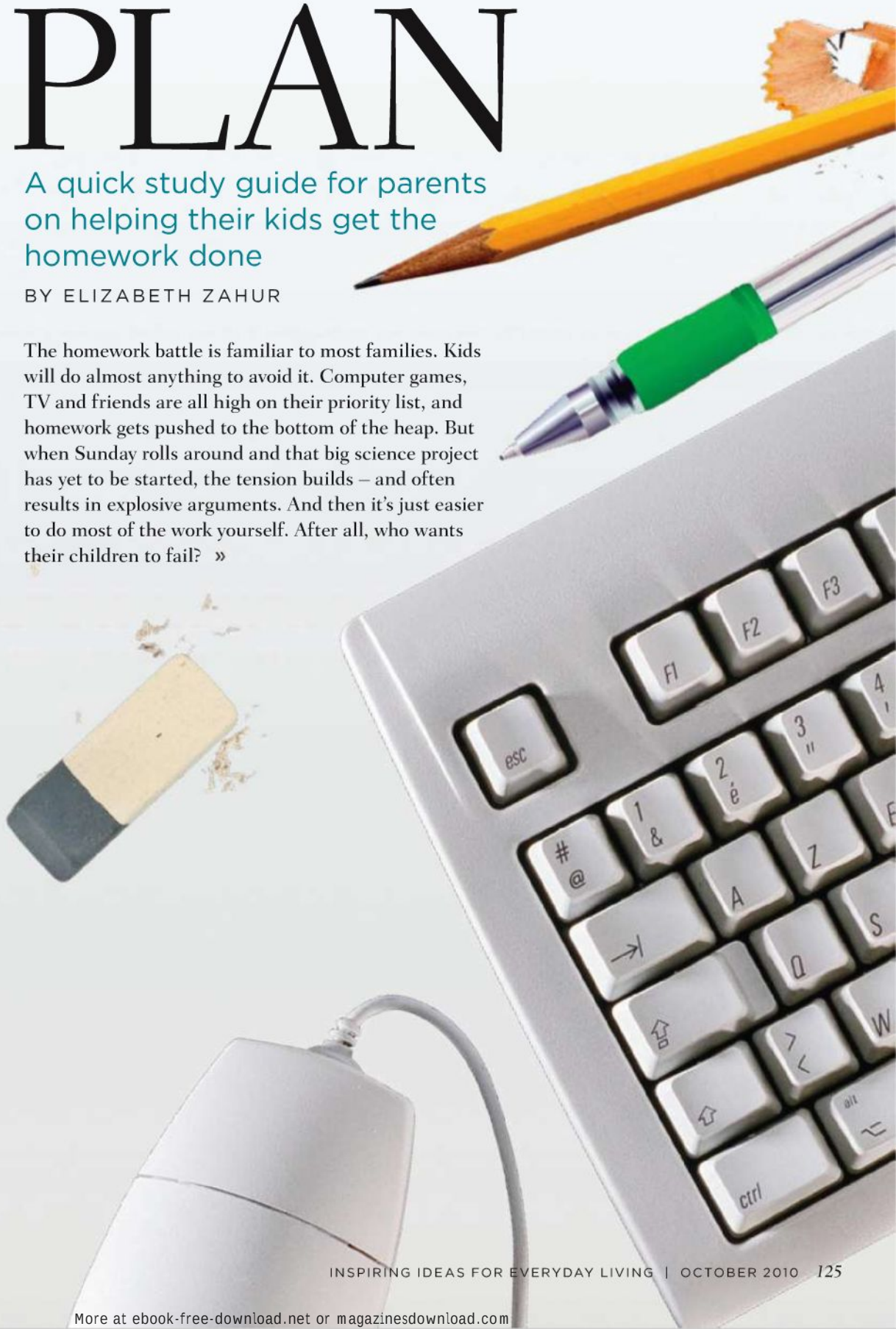
LESSON PLAN

A quick study guide for parents on helping their kids get the homework done

BY ELIZABETH ZAHUR

The homework battle is familiar to most families. Kids will do almost anything to avoid it. Computer games, TV and friends are all high on their priority list, and homework gets pushed to the bottom of the heap. But when Sunday rolls around and that big science project has yet to be started, the tension builds – and often results in explosive arguments. And then it's just easier to do most of the work yourself. After all, who wants their children to fail? »



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But are you doing your kids any favours? In fact, you're probably hampering their ability to learn and leaving them ill-prepared for the future, says Sara Dimerman, director and founder of the Parent Education Resource Centre in Thornhill, Ont. But how do you know when to step in and when to step back? The experts weigh in on how to be a helpful – but not overbearing – parent.

CREATE A SCHEDULE

When it comes to homework and projects, a parent's job is to oversee and provide structure, says Joan W. Stafford, a family therapist and former teacher in Ottawa. To do well, your kids need organizational and time-management skills, self-advocacy and the ability to learn independently, she adds.

But how do you do that? Start by sitting down with your kids to create a homework schedule that works for your family. Routine and structure "enhance feelings of safety and security in students who are challenged in their own management of time," says Susan Maunula, a registered psychologist at the Calgary Learning Centre. Predictability also reduces the need for explanation or potential conflict – it takes away the ability for kids to say, "But Mom, I'll do it later!"

A good schedule can vary and it's the parent's job to figure out what works best. "It's important to take your child's personality into consideration," says Christine King, mom to Deena, 10, in Toronto. "I found a mix of evening and morning homework time works best for her." And, since she's easily distracted, Deena gets a quick break every half-hour or so.

Kathryn Dorrell, the health editor at this magazine and mom to Sophie, 8, and Liv, 11, says her kids need a little downtime after school. But she also learned not to push homework too late into the night. "If we pushed it past dinner, they'd say, 'Can we watch TV for just 10 minutes?' And we'd say yes, and then it became a battle of procrastination," she says. Now her kids have a snack after school, play for a bit and then do schoolwork either before dinner or immediately after. There's no TV or friends if it's not done.

Older kids can have hockey practice and other evening activities that eat into homework time. Homework may have to be done earlier or later on these days. That's fine, says Nicole Lafreniere, an assistant principal and teacher at St. Hilda Junior High school in Edmonton, as long as it's consistent.

CREATING STUDY SPACE

Kids need a regular place to do their work each day. Lafreniere says the ideal space varies with each kid and parents need to figure out what's right for their child. Kathryn's youngest daughter does homework at the kitchen island as the family prepares dinner or after the meal as they're cleaning up. This way, Mom and Dad are accessible if Sophie needs help, but aren't hovering.

If your child wants to do homework at the dining room table, that's fine, but if it's not working, change it. "It was too distracting for Deena," says Christine, who ended up creating a study area in Deena's bedroom, complete with a dictionary, a globe and presharpened pencils so she has no reason to get up. If possible, arrange for an extra set of textbooks to be kept at home. Lafreniere says this eliminates the need to lug heavy books back and forth, and eliminates kids' favourite excuse to avoid doing homework – they "forgot" their books at school.

ELIMINATE DISTRACTIONS

Teens can be very plugged in to their computers, iPods and cellphones. While some may need to eliminate these distractions, others are »

WHY PUSHING YOUR KIDS TO GET AN 'A' CAN BE BAD FOR THEM

There's more to it than just the pressure to live up to your parental expectations. Joan W. Stafford, an Ottawa-based family therapist and former teacher, points out other consequences that parents may not realize their involvement inflicts on their children.

1. Your child could lose his motivation entirely if your expectations seem to be unreasonable and unattainable.
2. If you're always stepping in to make corrections and "help out," there's no incentive to do a good job, because your children learn that you will fix any errors and make sure they get a good mark.
3. Your kids will miss out on the positive feeling that comes with finishing an assignment, and instead feel inadequate or embarrassed. "It takes away from the child's sense of accomplishment," says Stafford. "If the parent corrects the homework and says, 'This is wrong. This is how it should be,' then what the child has put into it is completely devalued."
4. Your child may feel like a fraud at school for turning in work she knows she couldn't produce on her own.
5. There's a strong risk of your child being left behind by the class. When a teacher consistently sees perfect homework, he doesn't see where the child is struggling and doesn't know which concepts need to be reviewed in class.

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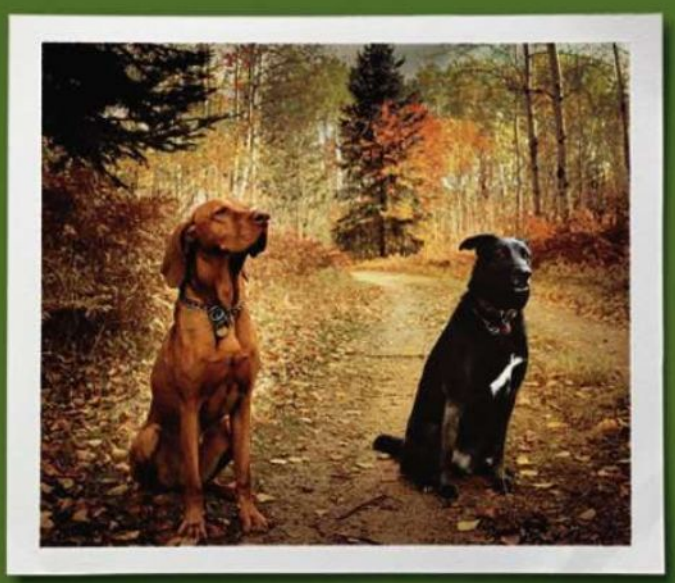

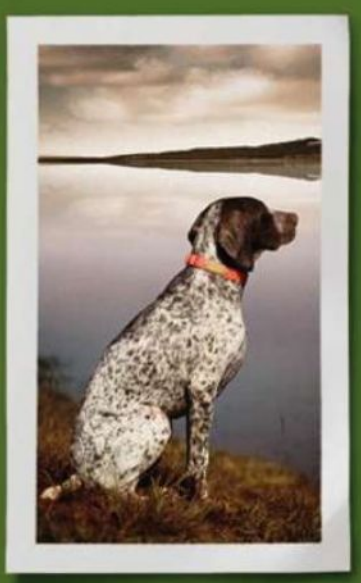

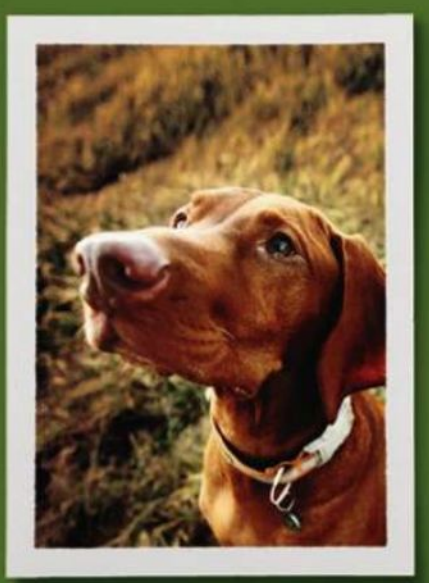

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capable of doing homework while chatting online. In fact, technology can be an aid, says Lafreniere. "Is your child texting a friend to find out how something is done? Many teens use their iPod to eliminate outside distractions and actually complete more work while listening to music." She lets her own teen watch TV, listen to her iPod and text, as long as the quality of her work and marks don't suffer. But the Dorrell family employs a screen-time policy, setting daily time limits. So Sophie and Liv can watch TV while doing homework – but it will be considered part of their daily allotment.

CORRECTING HOMEWORK

Parents need to remember that correcting children's homework so they get a perfect mark isn't helpful – learning how to learn is what's important, says Dimerman, mother to Chloe, 11, and Talia, 19. "I never give the answers away when my daughters ask for help." Instead she offers to look over Chloe's work and tells her if there are any mistakes, but she makes it the child's responsibility to find them. Kathryn often leaves mistakes she spots in homework for the teacher to find at school. This way the teacher is aware of whether the child is getting the concept or not, and knows if more class time should be dedicated to the subject.

What not to do? Don't be an overcontrolling parent and hover over your child to make sure she's doing it correctly. "That's what I did," says Christine, "and Deena would get really irritated. She thought I didn't trust her to do her work herself." Now she waits until she is asked for help, which gives Deena more control.

NEED TO KNOW MORE?

Get tips on talking to your child's teacher about homework, as well as other concerns, at canadianliving.com/october.

"I DON'T UNDERSTAND!"

At the beginning of the school year, make an effort to introduce yourself to your child's teacher. Let him know you're available if he has any concerns about your child, and ask him his preferred means of communication if you want to speak with him. It can be via phone, email or after-school check-ins.

If your child tells you he doesn't understand how to do his homework, the first step is to write a note to his teacher in his agenda. Inform the teacher of the problem and ask if the concept will be covered further in class or if there are extra worksheets you can pick up, suggests Stafford.

Encourage your children to talk to their teachers on their own about assignments, so they can take responsibility for their own learning, says Lafreniere. She often rehearses the conversation that the kids will have with their teacher to ensure they know the right questions to ask. If your child still struggles, then call the teacher to figure out how you can work together. Talk to the teacher about the possibility of a tutor, which may be necessary if your child has significant learning disabilities or gaps in his learning. For example, if your child cannot multiply and therefore can't do algebra, a tutor may be needed, she adds.

HOMEWORK TIME

Homework shouldn't take all night to do. Some school boards, such as the Dufferin-Peel Catholic District school board in Ontario, have guidelines posted online that you can check to make sure your kids are on the right track. The board's policy is to have about 20 minutes of homework each night for kids in grades 1 to 3, 40 minutes for grades 4 to 6, 60 minutes for grades 7 and 8, 20 minutes for each course in grades 9 and 10, and 30 minutes for each course in grades 11 and 12. On the other hand, the B.C. Ministry of Education guidelines state that »

COMMON EXCUSES

1. "I'll do it later!" Create a homework schedule so that homework is always done at the same time. If Sally has soccer on Tuesday after school, it's OK if homework time is later that day than the other days of the week, just as long as the time is the same every Tuesday. Put the schedule on the fridge so the whole family can see it. Next time your child complains, point to it and remind her that homework time is now, not later.

2. "I did it at Dad's house." It's important to have trust in your kids. But if you're having a problem – for example, your child is saying he did work at the other parent's house when in fact he didn't – get him to show you his work as it's done. In a communication book, note when the homework is completed, list assignments and initial them, so you and your former partner can keep on top of things.

3. "Oh no, I forgot my books at school again!" Talk to the school to see if you can keep an extra set of textbooks at home – many will agree. Libraries also carry a number of textbooks. Tip: Library books can only be taken out for so long. Organize with nearby parents to take turns borrowing the textbooks so that if it's not at your house, then it's easily accessible.

4. "I can't do my work. The computer isn't working." The public library isn't just a great resource for books. It also has computer and Internet access – for free!

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no homework should be assigned from kindergarten through Grade 3, and homework should be limited to half an hour a night for grades 4 to 7. Talk to your child's teacher to see what your school board expects.

LEARNING DIFFICULTIES

Kids who have attention deficit–hyperactivity disorder can take two or three times as long to complete assignments as their peers. Those who are slower learners or are English Language Learners face additional difficulties when grappling with homework. In these situations, Lafreniere says it's important for parents to be advocates for their children and talk regularly with the school. Work with teachers to adapt homework to something your child can do independently.

BLENDED FAMILIES

When parents are separated and kids are shuffling between homes, it can be difficult for both parents to keep on top of everything. Organization and communication is key, says Dimerman. With your child, mark on a calendar which days she'll be at Mom's house and which days she'll be at Dad's. Create a list of books and supplies she'll need for school the next day. In the morning, while she's getting ready for school, she can check her calendar to see if she's switching houses and if she needs to pack her school supplies. Tell your child to check off each item on the list as she packs her bag to make sure nothing is forgotten.

Parents often have different approaches to homework and learning. It's important to discuss these differences to make sure you're on the same page. Dimerman suggests creating a communication book so you can work together with your former partner and your child as a team. If there's a new partner in the picture, he or she should tread carefully. Kids don't usually like being "parented" by so many adults, Dimerman adds. So a new partner can offer support, such as helping to brainstorm ideas for a project, or driving the kids to the library to pick up books, for example, but not discipline for a failing grade. That's best left to the child's actual parent.

LIFE LESSONS

Between friends, sports and all the other extracurricular activities available, it can be difficult for a child to maintain grades. Have a conversation about how to organize the week so everything will get done. If you think your child is overstressed because of extracurricular activities, try to come up with a creative solution to manage time better before yanking him from an activity he loves, says Dimerman. Use this as a "teachable moment" in time management. Only if the child continues to struggle is it time to intervene and drop an activity or two.

For the most part, parents should allow their children to learn from the natural or logical consequences that follow from not getting work done on time, says Dimerman. These consequences can include feeling anxious, embarrassed or worried about getting a poor grade, or not finishing the work at all. Though it may be difficult to stand back and watch this happen, Dimerman says that children learn better from these consequences than any punishment a parent can impose. It's your responsibility to make sure your children are learning what they need to, but kids also need to make mistakes – there are valuable lessons to be learned through trial and error.

"It's important that parents understand how their good intentions may be robbing their children of the opportunity to acquire skills they need to build blocks to where they're going," says Dimerman. ■

READ TO YOUR KIDS

Kids learn by example and try to emulate their parents, so family reading time is a great way to show that adults enjoy reading, too. Every night before bed, read a chapter aloud from a book, suggests Joan W. Stafford, a family therapist and former teacher in Ottawa. But don't use it as a form of punishment. If your child's bedtime is 8 o'clock, but he doesn't go to bed until 8:30 one night, don't take away reading time – it's too important.

ONLINE RESOURCES

- Get free online tutoring for kids in grades 9 to 12. ilc.org/aat/chat.php
- Here you'll find great homework tools, such as a scientific calculator, periodic table and glossary. There are also virtual seminars in which teachers provide step-by-step instruction on key topics for high schoolers, such as math, science and research skills. ilc.org/aat/tools.php
- The World Almanac for Kids contains loads of information on thousands of topics, such as animals, mythology and religion – all just a click away. worldalmanacforkids.com
- Library and Archives Canada has great bilingual links appropriate for both elementary and high school kids. collectionscanada.gc.ca/education
- This website is a great source for all things Canadian. thecanadianencyclopedia.com

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Life Matters

CELLPHONE CPR

Oops – you dropped your cellphone in the dishwater! No worries: Resuscitating your drowned cellphone is as easy as one, two, three.

Step 1: Take the battery out immediately.

Step 2: Disassemble and rinse the phone. The biggest mistake is not rinsing because you don't want to get any more water in the phone. "Have no fear – wash it like it's a dirty cup," says JP Timmerman, a systems analyst for Transcontinental Media (*Canadian Living*'s parent company). This is especially important if your phone has taken a dip in chlorinated or salt water (the added ions conduct electricity and you risk short-circuiting the phone). Let the phone air-dry in a warm place for at least a week.

Step 3: Remove any leftover moisture. This can be done with any kind of desiccant. Submerge the phone in a bowl of dry rice from the pantry, or use silica gel – those tiny packets found in the pockets of new clothes and shoes. (If you haven't been saving them for such an occasion, you can buy them at a craft supply store.) Let the phone sit for a couple more days to ensure it's completely dry before reassembling it.

– Wendy Graves

PHOTOGRAPHY, MICHAEL BLANN

WRITE AN EFFECTIVE COMPLAINT LETTER

Whether it's that your new dishwasher isn't cleaning the knives and forks completely or your digital TV provider didn't install the box properly, sometimes a new purchase leaves you less than pleased and needing to take action. First, try resolving your issue at the point of purchase. If you're still not satisfied, it may be time to put pen to paper and write a letter to the company's complaints department.

"The important thing to remember when writing letters is to be polite, well organized and firm," says Michael Jenkin, director general for the Office of Consumer Affairs. Make sure your letter includes the following information.

- Photocopies of any relevant documents, such as the receipt, warranty and guarantee.
- Proof of when and where you bought the product.
- A list of whom you have spoken with, when, and the results of those conversations.
- The nature of your complaint. Be specific: For example, even at the lowest setting, the toaster burns the bread.
- How you want to resolve your complaint. For example, you may want to have the product replaced or receive a full refund.
- How long you will wait for a response – 10 business days is reasonable – before you turn to a consumer complaint agency.

While some companies may have a form on their website you can use to submit your complaint, consider sending it via old-fashioned snail mail or courier to stress its importance. "There's something tangible about a letter," says Jenkin, "especially when you've got a record that it was received at the other end." *– W.G.*

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Vacuum Bottles & Insulated Products

test driven

INNATE CHA VACUUM BOTTLE, $16, keeps liquids warm for up to nine hours; the insulated cap can be used as a drinking cup.

THE VERDICT

"I put coffee in at 10 a.m. and it was just as warm six hours later. I was impressed, and the bottle has a nice design."

– Len Tralla, Toronto, reader

THERMOS FUNTAINER FOOD JAR, $18, keeps food hot for five hours, or cold food fresh for seven hours.

THE VERDICT

"Mac and cheese quickly became my six-year-old daughter Hailey's favourite dish simply because it was served in this stylish jar. Next time, I'll include broccoli."

– Teresa Sousa, editoral assistant

THERMOS VACUUM INSULATED TUMBLER, $30, keeps drinks hot for five hours or cold for nine.

THE VERDICT

"This is the perfect accessory for my long morning commute – my cocoa stays hot, but the bottle stays cool and is easy to carry."

– Ella Turner, Brampton, Ont., reader

For shopping information, see page 245

let's talk

YOU TOLD US

Last month, we asked: What's September like at your place?

- I'm super organized; it's cool and calm. **31%**
- Super stressful and terribly traumatic. **4%**
- It's a bit bumpy, but we always get through it. **65%**

NOW TELL US

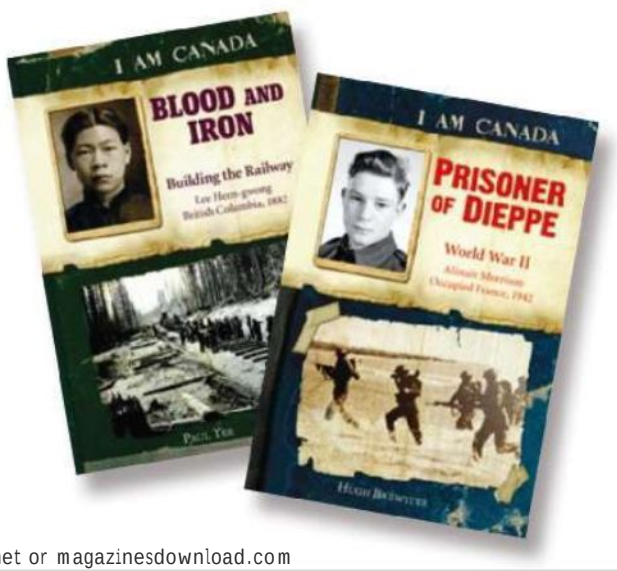
What's your favourite thing about fall?

- Cooler weather.
- Halloween.
- Thanksgiving.
- Apple picking.
- Leaves changing colour.

Cast your vote at canadianliving.com/october. Results will appear in the November issue.

EDITOR'S PICK

Canada's history is brought to life in a new series of historical fiction aimed at boys nine to 12 years old. The first two books in the *I Am Canada* series (Scholastic, $14.99 each) are set amid events 60 years apart. *Blood and Iron,* by Paul Yee, recounts how young Heen emigrated from China with his dad to help build the railway in the late 19th century; and *Prisoner of Dieppe,* by Hugh Brewster, follows 18-year-old Allie from the time he enlists in the army to his time as a PoW in Germany during the Second World War. Both books come with maps, and reproductions of historical documents and photos, and have been vetted by historians.



PHOTOGRAPHY: LUIS ALBUQUERQUE (TOP); COURTESY OF SCHOLASTIC CANADA

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Bends with you. Twists with you. Rolls with you. Always Infinity does. With its amazingly absorbent, unbelievably flexible core, it adapts more, absorbs more and bounces back more than those *other* pads.* Just like magic. **Have a happy period.**

*Versus the leading and the next leading regular Ultra. ©2010 P&G

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I am more than just a dog

I am an Iams dog

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PHOTOGRAPHY, TETRA IMAGES/ALAMY

READ THE LABELS – YES, ON PET FOOD, TOO!

Can't make heads nor, um, tails of the label on your dog's or cat's favourite food? Let us solve a few of the riddles for you.

- If it says beef on the label, it must be beef, right? Yes and no. If the label says "beef for dogs," the food contains about 95 per cent beef. But if it says "beef dinner" (or "formula" or "entrée") then that meal only has about 25 per cent beef. That's still better than a product that is "with beef" (three per cent) or "beef flavoured" (less than three per cent – an animal just has to be able to recognize it by smell). The same rules also apply for other meats, such as chicken.
- What's the difference between "tested" and "formulated"? A tested product has been fed to animals before being sold to ensure it meets nutritional guidelines set out by the Association of American Feed Control Officials (AAFCO). If the packaging says "AAFCO formulated," no feeding trials were carried out. "Your dog or cat could be the guinea pig for that diet," says Hali Gates, a registered animal-health technician at Brandon Hills Veterinary Clinic in Manitoba.
- What is ash? Pet food is burned for nutritional purposes, and ash is the residue that doesn't get incinerated. It contains calcium and manganese, two minerals your cat needs for a healthy diet. While it was once believed that ash content resulted in cats developing crystals – in particular males, whose urinary tracts are smaller than females' – according to the Pet Food Association of Canada, researchers have shown that it's not responsible for feline urinary tract disease. – *W.G.*

The Most Trusted Pet Food Brand in Canada*

*Voted by Canadians in the *Reader's Digest* Trusted Brand Survey 2010.

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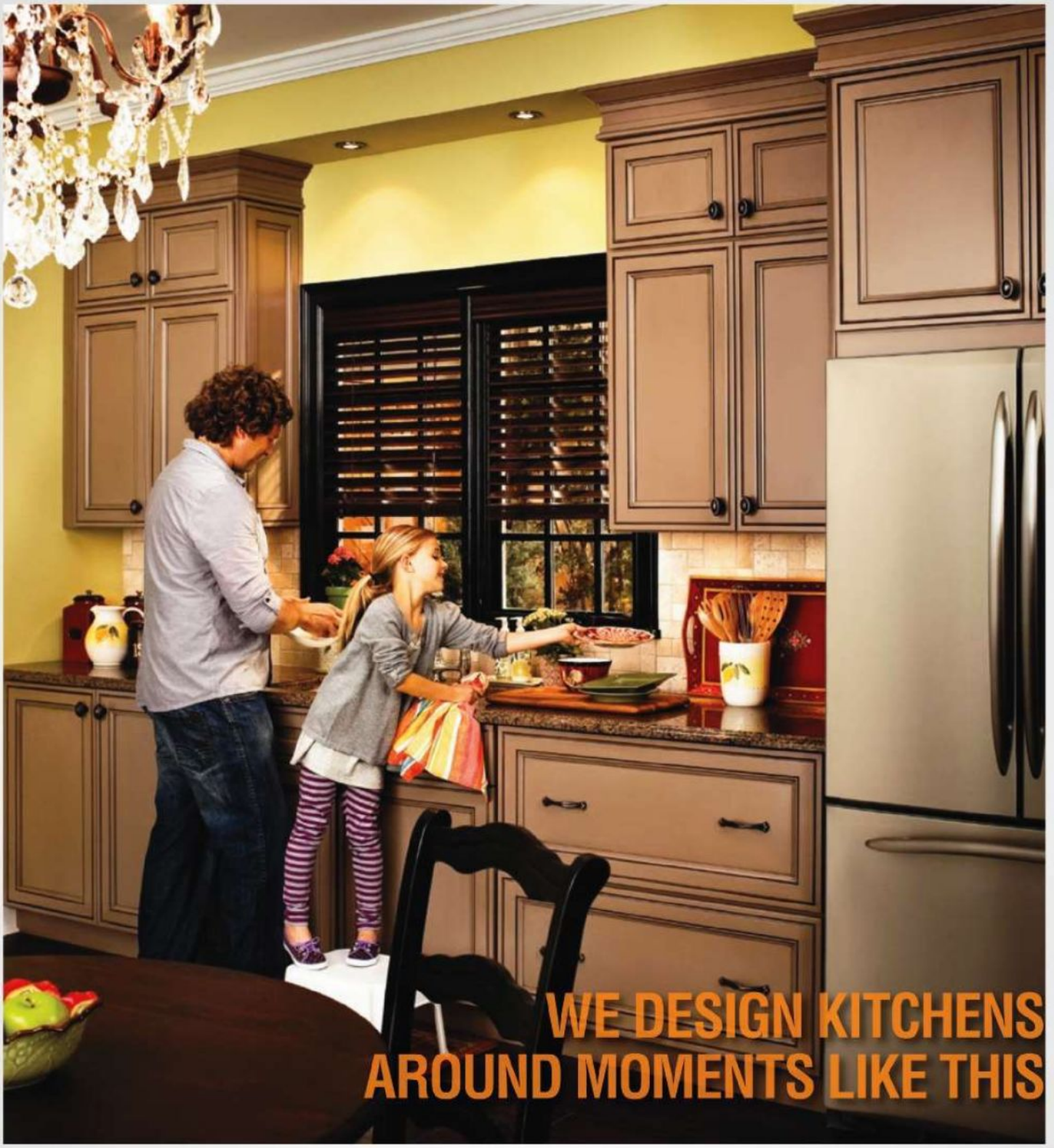

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OUR BEAUTIFUL NEW FAMILY KITCHEN

Winning the Canadian Living*–Home Depot Ugliest Kitchen Contest was a dream come true for the Sulis family of Calgary.*

TEXT BY KAREN KIRK | DESIGNED BY FRANK TURCO

PHOTOGRAPHY BY ROBERT LEMERMEYER

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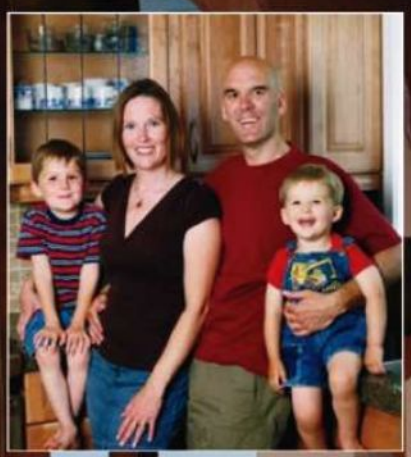
Red art-glass pendant lights over the peninsula provide ambience and function with a hit of colour.

The five-foot peninsula between the kitchen and the living room, which features an open display shelf, comes in handy during food prep and is a popular spot for quick meals and snacks for the kids, and for entertaining guests.



"We had already been thinking about tackling the inside of our house when we won the kitchen makeover," says Carol Sulis. "The contest prize couldn't have come at a better time for our family of four. We wanted to improve the flow of our home, which would mean moving the stairs, shifting the kitchen slightly and relocating the rear door. We also wanted to improve the energy efficiency of our home. It was important for our growing family to maximize kitchen storage while creating a classic look that would endure the test of time – and the wear and tear of our two energetic boys, five-year-old Andrew and three-year-old Matthew, who love to help with cooking and baking. That is so much easier now that we have the peninsula."

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"My approach to this kitchen renovation was really one of style, function and durability," says Turco. The Thomasville Cabinetry raised-panel maple doors with rich cider finish offer an elegant and timeless style. The Amerock hardware in a satin nickel finish works well with the stainless-steel appliances and is the perfect finishing touch to the cabinets.

The stunning tumbled-marble mosaic backsplash coordinates well with the flooring and adds character and texture to the walls.

"I especially love the tile behind the stainless-steel GE slide-in gas range and range hood as it climbs to the ceiling, creating a very beautiful focal point," says designer Frank Turco.

Hard-wearing nonporous Silestone quartz countertops in Brazilian Brown are maintenance-free and easy to clean. The beefed-up three-inch edge profile gives a more substantial and luxe look.

A beautiful yet hard-wearing ceramic tile floor in neutral beige tones compliments the overall kitchen design.

GUTTER CREDITS...

BEFORE

In her original contest submission letter, Carol Sulis declared: "My kitchen is so ugly that even my cat won't eat in it! The floor tiles are peeling, revealing an even older floor underneath that is actually marginally better than the one on top. Everything in my kitchen is original 1950s and it is not aging well!"

You can view Carol's video at kitchencontest.canadianliving.com/entry/1630422.

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"We are looking forward to having lots of friends over to our new kitchen."

An appliance garage keeps large items out of sight but accessible for everyday use.

Leaded glass–fronted doors add interest to the run of cabinets and provide a place to show off some of the family's fine dinnerware and crystal.

A stainless-steel GE microwave is built into the peninsula's lower cabinets, freeing up valuable counterspace. Microwave-safe dishes are stored beneath.

Frank Turco, who is trends and design manager for Home Depot, knew his makeover concept had to match the hectic lifestyle needs of the energetic, eco-minded Sulis family. "I knew that my design for their new kitchen had to tick a lot of boxes and be timeless, durable and hard-working."

An innovative toe-kick drawer is a brilliant use of an otherwise dead space, perfect for storing seldom-used and difficult-to-store baking sheets and platters.

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Delta's Kate pull-out spray faucet in brushed nickel is a winner in this busy kitchen.

The convenient soap drawer below the double-bowl sink is ideal for keeping messy washcloths and soap off the counter.

Working with the kitchen design team in Calgary's Tuscany Home Depot, Turco devised a fabulous kitchen layout and design that provided the essentials for cooking with the added benefits of ample storage, clever and innovative cabinet details, shiny new energy-efficient appliances and resilient, ultra-chic flooring.

An impressive pantry wall built into the dining area of the kitchen defines the space. Turco explains: "We took an empty wall and transformed it into a floor-to-ceiling extended pantry with a row of bevelled-glass doors along the top. Integrated lights highlight the pantry's contents." To further define the dining area and create a more formal look, Turco used complementary Shaker-style doors. This wall alone has increased the amount of storage in the kitchen ten-fold.

Martha Stewart Living signature paint in Aegean Blue brings out the colour and detail of the kitchen materials.

ECO-SMART CHOICES

- The Sulis family chose an ultra-high-efficiency furnace and an energy-efficient power-venting hot water tank.
- High-performance triple-pane windows were installed.
- Double-studded walls were insulated to R28* and sealed to save heating energy. (The Sulises will eventually put plastic foam on the outside walls to bring the wall insulation to R40.)

**Insulation is rated in terms of R-value, which indicates the resistance to heat flow. The higher the R-value, the greater the insulating effectiveness.*

- Recycling building materials made sense.
- Wood was stripped of nails and paint, and then reused in the reno or cut up for firewood.
- Electrical fixtures were dismantled, and metal, nails and screws were sent to a scrap-metal facility.
- All electrical wire was stripped and copper wire was recycled.
- Old doors, lightbulbs and ceiling fans were given to friends who could reuse them.

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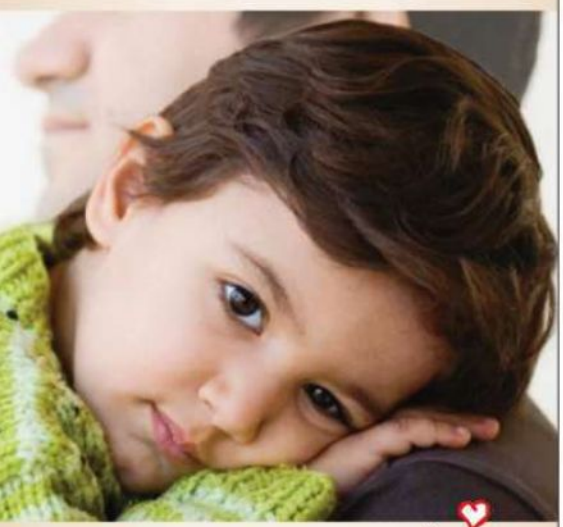
Our commitment to comfort



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Sources

Page 139:
Thomasville **cabinetry** in Plaza Maple Cedar; Amerock **hardware** in satin nickel; Broan **range hood** and Valley Countertops Silestone **countertops** in Brazilian Brown; all available through Home Depot, homedepot.ca. Kingston **dining chairs** (20758); Henckels **knife block** and **knives** (22019); Denby **plates** (37024) and **cutlery** (4530); Whole Home **dishes** (39501); Trudeau **salt** and **pepper mills** (22739); Lagostina Commercial **pot** (13483) and **chef pan** (13786); and **decorative accessories** (on shelves); all Sears, sears.ca.

Page 141:
Home Basics **kettle** (80617), Sears, sears.ca. Jeld-Wen casement **window** (ES7000); Delta Kate **faucet** with soap dispenser in stainless steel (16970-SSSD-DST); GE stainless-steel bottom-mount **refrigerator** (GFSS6KKXSS); and GE built-in stainless steel **dishwasher** (GDWT260RSS); all Home Depot, homedepot.ca. **Hardwood flooring** by Traffic Master in 3¼-inch Fireside Oak (175738); and **ceramic tile flooring** by Elaine; both exclusively at Home Depot, homedepot.ca.

Page 142:
Stainless-steel built-in GE **microwave;** and 30-inch stainless-steel slide-in GE **gas range** (JGSP28SENSS); both Home Depot, homedepot.ca. Home Basics **blender** (81688); Kenmore Elite **toaster** (81893); Nespresso Citiz **espresso machine** (80806); Russell Hobbs **coffeemaker** (80696); and Home Image **kettle** (80599); all Sears, sears.ca. Stone mosaic **backsplash,** Anatolia, anatoliatile.com.

All **lighting,** Home Depot, home depot.ca. All **installation** arranged though Home Depot's installation services program.

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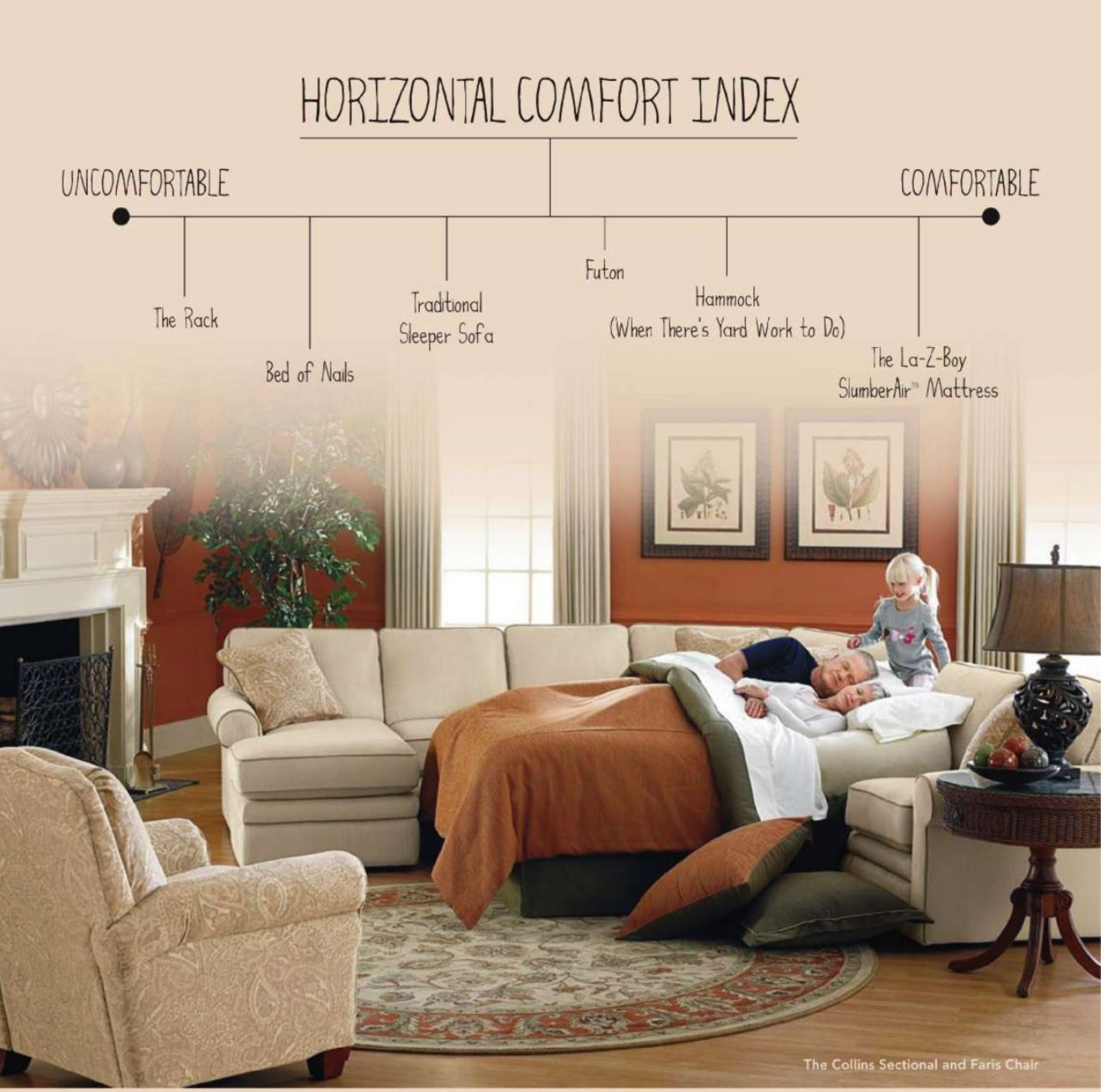
HORIZONTAL COMFORT INDEX

UNCOMFORTABLE — COMFORTABLE

- The Rack
- Bed of Nails
- Traditional Sleeper Sofa
- Futon
- Hammock (When There's Yard Work to Do)
- The La-Z-Boy SlumberAir™ Mattress



The Collins Sectional and Faris Chair

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The New Canadian Living Test Kitchen

The Canadian Living Test Kitchen team gets cooking in their brand new kitchen!

BY KAREN KIRK | DESIGNED BY JANE LOCKHART

PHOTOGRAPHY BY PAUL CHMIELOWIEC

Editor-in-chief Susan Antonacci remembers the first *Canadian Living* Test Kitchen she peeked into back in 1983. "It was a much smaller kitchen, at another location, with cookbooks and utensils jostling for space in every nook – and I'll never forget those 1980s appliances," she recalls. "And do I remember bright orange venetian blinds? I worked in another department then, but I thought The Test Kitchen was a magical place. I dreamed of working there someday." The Test Kitchen has never lost its magic touch. An award-winning Canadian architect was brought on board for a mid-1990s remake, but, says food specialist Soo Kim, "fifteen years of nonstop cooking can leave a mark or two." So it was time for a refresh – and the results are amazing. Senior food specialist Adell Shneer loves the new look – and the improved functionality. "The Test Kitchen is busy five to seven days a week, 12 months of the year, so it's got to be comfortable and functional."

As *Canadian Living*'s decor editor, I teamed up with designer Jane Lockhart of Jane Lockhart Interior Design and senior designer Margaret Macdonald of AyA Kitchens and Baths to create a more modern, functional, efficient kitchen. As Lockhart says, "The renovated Test Kitchen has all the comforts and warmth of home with the function and durability of a commercial kitchen."

You can expect the *Canadian Living* team to work in comfort and style for many years to come.

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1 | Test Kitchen staff develop, cook and test *Canadian Living* recipes on high-quality, energy-efficient consumer-brand appliances – similar to those our readers might have in their own kitchens. KitchenAid has equipped The Test Kitchen with Energy Star–rated appliances, including top-of-the-line dual-fuel slide-in gas ranges, Architect Series II slide-in electric ranges with thermal ovens, and stainless-steel dishwashers and microwaves.

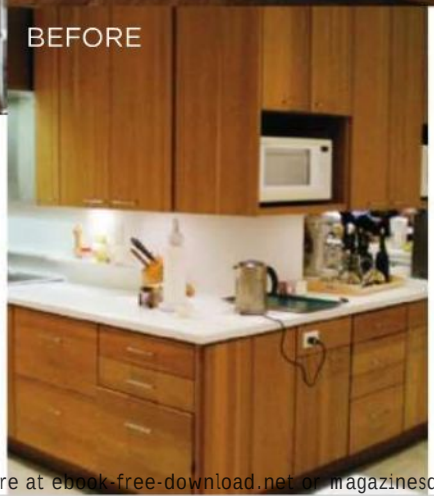
2 | A six-inch-deep floor-to-ceiling pantry with Manhattan oak veneer slab doors in Clove Oak from AyA Kitchens and Baths provides storage for spices and other staples. "It makes better use of the space that was formerly a spare workstation," says Lockhart.

From left: Publisher Lynn Chambers, interior designer Jane Lockhart of Jane Lockhart Interior Design and senior designer Margaret Macdonald of AyA Kitchens and Baths

THE HEART OF THE KITCHEN

Thousands of Tested-Till-Perfect recipes, scores of gingerbread houses and dozens of wine tastings have been enjoyed on the grand kitchen island (above and opposite). It has also been the gathering place for the *Canadian Living* staff to celebrate special occasions, bid goodbyes and enjoy holiday festivities for almost two decades. Over time, the white solid-surface countertops had become worn, stained and dull, and were difficult to clean and maintain. Lockhart chose gleaming Cambria natural quartz in Hamilton, a rich brown with hints of grey and light brown, for a kitchen work surface that's low-maintenance, highly durable and now the focal point of this hard-working kitchen. A slight curve was added to one edge to create a six-inch overhang where counter-height stools can be pulled up for a nibble and a chat with the cook. A shimmering seven-light linear chandelier from Union Lighting and Furnishings set on a dimmer instantly turns the island into a chic dining area for all manner of special occasions and corporate events.

BEFORE



3 | Lockhart loved the style and wood of the existing cabinetry, which was in good condition. A thorough cleaning with mild soap and water, followed by waxing, restored the rich colour and beautiful grain of the solid cherry wood. "Then I applied one coat of Howard Feed-n-Wax with a soft cloth, and buffed it to a soft lustre after 30 minutes to bring up the colour of the wood," says John Margiotta, owner of Captured Colours in Toronto.

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1 | The 20-year-old Sub-Zero refrigerators had served The Test Kitchen well, but were on their last legs. The old cabinetry was removed, and Lockhart and Macdonald designed a new wall unit to house three new energy-efficient Jenn-Air built-in refrigerators with convenient bottom-mounted freezers. The new cabinet, which matches the pantry, features a coat closet, beverage station accented in Cambria, and plenty of storage for food and small appliances. The refrigerators are panelled to integrate seamlessly into the cabinetry of the wall unit.

2 | Underfoot, hard-wearing, low-maintenance Karndean premium vinyl flooring will stand up to just about anything The Test Kitchen team can throw at it. Splinter-, chip- and crack-resistant, this vinyl flooring duplicates the colour, texture and grain of natural wood. Lockhart chose Winter Oak in 48- by seven-inch planks to complete the just-like-home look of the new kitchen. Unlike real wood, this hygienic flooring won't harbour bacteria, mould or mildew. Spills can be cleaned up quickly with a damp mop.

GET COOKING!
Visit us at canadianliving.com/october to find out the Test Kitchen's Top 10 favourite recipes.

3 | It's nothing but the best for our *Canadian Living* Test Kitchen team. Each workstation features a rich chocolate brown Cambria quartz countertop in Oakhampton that provides a nonporous, food-safe surface for all types of food preparation. The countertops are also stain-, heat- and scratch-resistant, qualities that will withstand the demands of this busy kitchen. Kindred stainless-steel sinks and pull-out spray faucets at each station (below) make cleanup fast and easy while also giving a sleek and stylish look to the kitchen. Two pendant lights in polished nickel illuminate the countertop at each station.

4 | "The walls were painted in a palette of soft greys with an undertone of green to allow the cabinetry and countertops to become prominent features in the large kitchen," says Lockhart. Walls were painted in Sico Country Road and bulletin boards in Sico Highway; the ceilings were refreshed with Sico Grey Frost. "Be sure to always paint ceilings with a flat finish," says Margiotta.

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5 | When the cooking, testing and retesting are finally complete, The Test Kitchen team heads to their computers to document recipes, write stories and create lineups for upcoming issues. The dark brown Cambria countertop in Oakhampton provides a durable and functional work surface. The annoying tangle of wires and cables now disappears through holes drilled in the countertop, freeing up work space at each computer. "It was important to open up this work area and create a brighter, more functional, organized space," says Lockhart. The bulky cupboards overhead, which were unused, blocked light and made the space feel cramped, were removed. Four matching polished-nickel pendant lights from Union Lighting and Furnishings hang overhead and are set on a dimmer switch to provide task and ambient lighting as needed.

6 | White Levolor sheer-weave mesh roller blinds diffuse the bright morning sunlight and keep the space cool – without blocking the view the way the old hard to clean venetians did.

7 | For a sleek, more organized look, Manhattan oak veneer slab doors in Clove Oak with soft-close hinges from AyA Kitchens and Baths cover the once open bookshelves.

Small appliances by KitchenAid are the finishing touches that add to the function and style of the new Test Kitchen.

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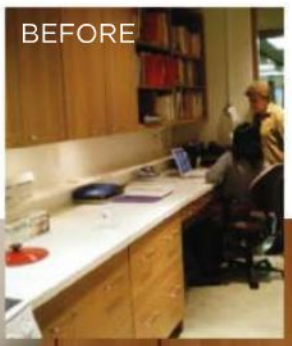
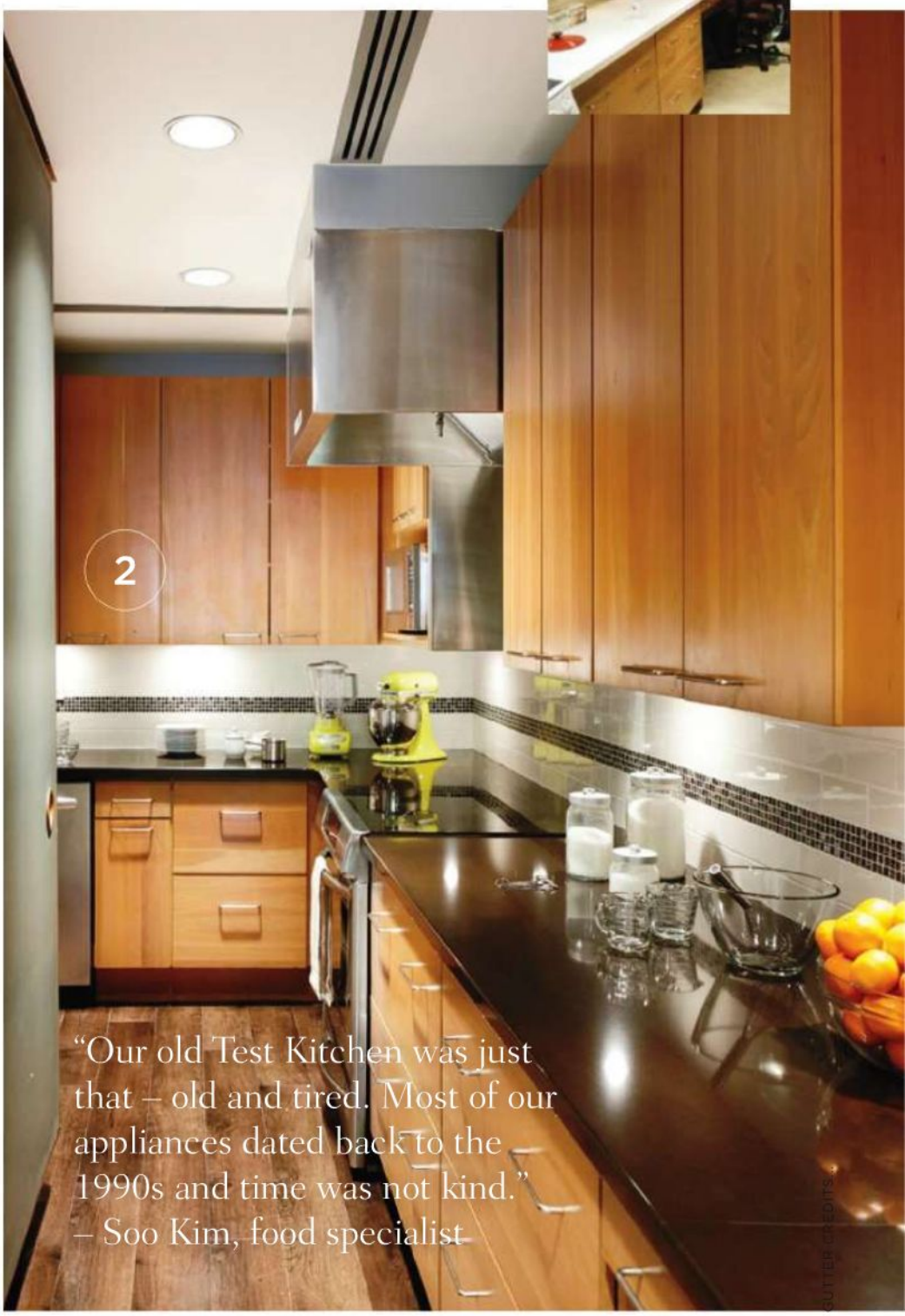
1 | To rid the kitchen of its former institutional look and give it a stylish homey appeal, Lockhart added texture to the backsplashes with a shimmering smoky glass tile from Cercan Tile in Toronto. "This backsplash is easy to clean, and its slick glass surface gives the kitchen a sparkling look," says Lockhart.





2 | The staff kitchen is a popular place for editors and art directors to catch up on office news, prepare their lunches and grab a hot beverage. "Slick Cambria countertops to match The Test Kitchen, and a simple white subway tile backsplash accented with a row of brown glass tiles from Cercan Tile add a bit of style to the space and are easy to keep clean," says Lockhart. A Kindred stainless-steel sink and pull-out faucet, and new stainless-steel KitchenAid appliances update the space and offer additional food-prep equipment for special events.

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Sources

• **Interior design,** Jane Lockhart Interior Design, janelockhart.com.

Page 148:

• Quarry Collection quartz **countertop** in Hamilton (island); and Desert Collection quartz countertop in Oakhampton (all other countertops); both Cambria, cambriacanada.com.
• **Countertop fabrication,** Fabshop by Cambria, cambriacanada.com.
• **Countertop installation,** Niagara Quartz, niagaraquartz.ca.
• Manhattan oak veneer slab door **cabinetry** in Clove Oak with soft-close hinges, AyA Kitchens and Baths, ayakitchens.com.
• **Paint,** Sico, sico.ca.
• Painting and cabinet **refinishing,** Captured Colours, captured colours.com.
• Clear rectangular **backsplash tiles** (ES57), Cercan Tile, cercantile.com.
• KitchenAid commercial-style dual-fuel **convection range** with Steam-Assist (YKDRU707VS), in stainless steel; KitchenAid, kitchenaid.ca.
• KitchenAid **Artisan stand mixers** (KSM150PSER) in Empire Red, Green Apple, Ice and Pear; KitchenAid **Architect stand mixer** in Cocoa Silver; KitchenAid **12-cup food processors** (KFP750OB) in Empire Red and Onyx Black; KitchenAid **Architect food processor** (KFPM773CS) in Cocoa Silver; KitchenAid **Artisan blenders** (KFB560OB) in Empire Red, Onyx Black and Pear; and KitchenAid **Architect blender** (KSB655CS) in Cocoa Silver; all KitchenAid, kitchenaid.ca.
• Seven-light linear chrome **chandelier** with crystals (WN993080102563), Union Lighting and Furnishings, union lightingandfurnishings.com.
• Sebastian **bar stools** in black, Ikea, ikea.ca.

Page 149:

• KitchenAid Architect Series II Superba **dishwashers** (KUDS40FVSS) in stainless steel; and KitchenAid Architect Series II **microwaves** (YKCMS1555SS) in stainless steel; all KitchenAid, kitchenaid.ca.
• Eight-inch **mini pendant lights** (WN971011022210) in polished nickel with prismatic glass, Union Lighting and Furnishings, unionlightingand furnishings.com.

Page 150:

• Jenn-Air 36-inch bottom freezer **refrigerator** (JB36NXFXLW) in panel-ready finish, Jenn-Air, jenn-air.ca.
• Premium **vinyl flooring** in Winter Oak, Karndean Canada, karndean canada.com.
• KitchenAid Architect Series II **electric range** (KESS908SPS) in stainless steel; KitchenAid 5-Speed Ultra Power **hand mixers** (KHA5MPOB) in Empire Red and Onyx Black; KitchenAid **Architect hand mixer** in Cocoa Silver; and KitchenAid **immersion blenders** (4KHB300WH) in Onyx Black and Empire Red; all KitchenAid, kitchenaid.ca.
• Stainless-steel **undermount sinks** (QSU1820/8); pull-out spray **faucets** (KF780) with brushed nickel finish; **soap dispensers** (KSD150) with satin nickel finish; stainless-steel **double-bowl sink** (QDU1831/8) with satin finish; and pull-out spray **faucet** for double sink (KFPOS150) with satin nickel finish; all Kindred, kindredcanada.com.

Page 151:

• 12-inch polished-nickel **pendant light** (WN984197993760) with prismatic glass, Union Lighting and Furnishings, unionlightingandfurnishings.com.
• Levolor 4100 **roller blinds** (20911) in white, Levolor Canada, levolor.com.
• KitchenAid Pro Line series Burr **coffee grinder** (KPCG100OB) in Onyx Black; KitchenAid 14-Cup JavaStudio **coffeemaker** (KCM340B) in Onyx Black; and KitchenAid 4-Slice Pro Line **toaster** (KPTT890OB) in Onyx Black; all KitchenAid, kitchenaid.ca.

Page 152:

• Paris White three- by six-inch **subway tile** and dark brown **mixed tiles,** Cercan Tile, cercantile.com.
• **Tile installation,** Sparkes Painting and Trades, Toronto (416) 319-7241.
• KitchenAid 19-cubic-foot freestanding bottom-freezer Architect Series II **refrigerator;** and KitchenAid Architect Series II **electric range** (KESS908SPS) in premium stainless steel; both KitchenAid, kitchenaid.ca.
• Double-bowl **sink** (KSDCRU/9); **faucet** (KFPOS100) with satin nickel finish; and **soap dispenser** (KSD100) with chrome finish; both Kindred, kindredcanada.com.
• **Shelving props,** HomeSense, homesense.ca.

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RETRO Redux

The classic look worked best for this much-anticipated bathroom makeover.

BY KAREN KIRK | DESIGNED BY JANE LOCKHART

PHOTOGRAPHY BY EDWARD POND

The eight- by five-foot footprint, plumbing locations and window are the only elements that weren't changed. Plaster walls were stripped to the studs and replaced with drywall, the wood floor was replaced with a new subfloor, and all fixtures were replaced. Wiring and plumbing were upgraded, and a new Broan exhaust fan, plus pot and accent lighting, were added.

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Our homeowners knew that their bathroom was in desperate need of a makeover, but wanted to go with a look that was in keeping with the era in which their house was built. Designer Jane Lockhart worked with the homeowners and gave them the bathroom they always wanted.

Whether you're dreaming of a luxurious spa-style master ensuite or a highly functional family bathroom, it's important to determine whether your bathroom needs a complete redesign or simply a remove-and-replace plan. In this case, after inspecting the condition of the walls, floors, plumbing and wiring, Lockhart and her contractor, David Sparkes, determined that the footprint and plumbing locations would remain the same, but everything else needed to be replaced with new, more functional cabinets, fixtures and surfaces.

Working with a limited budget and tight timeline, Lockhart selected all supplies and materials from the shelves at Lowe's. "The only item we purchased elsewhere was the luxe Carrera marble vanity countertop from Caledonia Marble Company, which was out of stock at Lowe's at the time," she says. Follow the design ideas featured here to update your own bathroom – they'll easily translate to any style, from vintage to traditional to contemporary – and you'll be relaxing in your new retreat in no time.

DETAILS, DETAILS!
Toss those shabby old towels, dried flower arrangements and bathroom accessories and invest in new ones that complement the room's decor and colour scheme. Fresh flowers are a nice, inexpensive touch.

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1 | A five-foot acrylic soaker bathtub replaced the old tub. Plaster walls in the shower area were replaced with water-resistant drywall that was then tiled to match the white subway-tile wainscot in the rest of the bathroom. The black bar inset and chair rail cap define the vintage look. New Grohe chrome shower fixtures take showering to a whole new level.
2 | The old cupboard doors were removed and the interior of the cupboard was painted white. Adding two tempered-glass shelves created a pretty nook for storage and display.
3 | To keep the room bright, fresh and easy to clean, inexpensive white subway tiles create a retro wainscot effect around the room. The walls above the wainscot were painted light grey to break the white and add a little dimension to the room. Wall sconces illuminate the space and provide additional lighting for the vanity mirror.

Sources

- **Interior design,** Jane Lockhart Interior Design, janelockhart.com.
- **Contracting,** Sparkes Painting and Trades, Toronto, (416) 319-7241.
- **Building supplies,** Lowe's, lowes.ca.

Pages 157 and 158:
- Wellington 48-inch **vanity base** (304052); Wellington 33-inch **mirror** (3304257); Wellington **medicine cabinet** (304071); Kohler Kathryn undermount **sink** (K-2297-0) in white; Broan **ceiling fan** 683C (123987); and Portfolio **wall sconce** (197829) in brushed nickel; all Lowe's, lowes.ca.
- Carrera marble **countertop,** Caledonia Marble, Toronto, (416) 256-0251.
- **Valspar paint** in Hot Springs (CI 186), Lowe's, lowes.ca.
- Grohe Somerset Sink **faucet** (20-133-18172), by special order from Lowe's, lowes.ca. Kohler Memoirs Comfort Height elongated **toilet** (K-11968-0) in white, Lowe's, lowes.ca.
- Saber Carrara Extra Basketweave mosaic **floor tiles** (286326), by special order from Lowe's, lowes.ca.

Page 160:
- American Standard whistler **tub** (1718202.020) in white; and **drain** (1583470.002) in chrome; by special order from Lowe's, lowes.ca.
- Three- by six-inch SL gloss white field **wall tile** (64396); two- by six-inch white **chair rail wall tile cap** (190931); half-inch- by six-inch **black tile wall accent bar** (90529); and two- by six-inch **bull-nose end cap shower tile** (3379); all Lowe's, lowes.ca.
- Somerset **lever handle temperature control** (19320 and 19322); Rainshower rustic **shower set** (27140); and Grohe six-inch Diverter wall mount **tub spout** (13199); all in chrome; by special order from Lowe's, lowes.ca.
- Seabury **towel ring** (40158); Seabury **towel bar** (40157); Seabury **paper holder** (40160); and Seabury **robe hook** (40159); all in chrome; all Grohe; Lowes, lowes.ca. **Bathroom accessories,** all Sears, sears.ca.

RENO TIPS

Contractor David Sparkes of Sparkes Painting and Trades in Toronto shares three things to consider when hiring a contractor to renovate your bathroom.

- Demolition is a necessary but dirty business. Try to get your contractor to do the demolition in one day. This will provide you with a clean slate to start rebuilding.
- Removing old lath-and-plaster walls can increase the size of your space, as they can be up to an inch thick. This also reveals any hidden surprises, such as old wiring or plumbing that may need to be updated.
- Constant communication between the designer, contractor and homeowner is extremely important. Daily updates keep everyone in the loop regarding unexpected problems that could result in costly delays or require expensive additional supplies. Always include a cushion in your budget for unforseen costs.

DON'T NEED A FULL-BLOWN RENO?

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Pick a Pumpkin

Great tips on harvesting and storing

BY FRANKIE FLOWERS

Pumpkins symbolize my two favourite occasions: Thanksgiving and Halloween. Technically, pumpkins are fruits, but most people consider them to be vegetables. Pumpkins aren't as cool as a cucumber, but they come from the same family; both are members of the *Cucurbita* family of plants. Similar to cucumbers, pumpkins are made up of mostly water – up to 90 per cent. They're also full of potassium and vitamin A.

Here are some tips for harvesting your pumpkins.

- Look at the colour and rind. Pumpkins are ready to harvest when their colour is uniform and the rind, or skin, is firm.
- Always harvest pumpkins before a hard frost. Temperatures below -5°C will damage the rind and shorten a pumpkin's shelf life.
- Cut pumpkins from the vine. Use a sharp knife or pruning shears to remove the pumpkin, leaving enough of the vine to form a handle (20 to 30 centimetres long).
- Avoid carrying by the handle.
- Don't store pumpkins near ripe fruit. The ethylene released by the fruit will cause your pumpkins to rot faster.
- Avoid storing pumpkins in piles. This will create and trap unwanted heat, which stimulates rotting.

A pumpkin that is harvested and stored properly can easily last up to two months.

BEST OF THE BUNCH

If you don't grow your own and are heading out to the pumpkin patch, look for pumpkins that don't have any cracks, signs of decay or soft, mushy sections. The rind should be firm to the touch and consistent in colour. For carving, the larger the pumpkin the better. However, large pumpkins aren't the best for cooking because they tend to be tough and stringy.

My favourite choice for carving is a short, stout pumpkin with a good handle. Once you've picked your pumpkin, go online to find an array of carving templates. One great site with free templates is pumpkinpatterns.ca.

PUMPKIN-TASTIC FACTS

- Jane and Phil Hunt of Cameron, Ont., hold Canada's current record for the largest pumpkin grown. It weighed 761 kilograms.
- Pumpkins played a large role in the agricultural practices of native Americans.
- In the 1990s, the Lion's Club in Dartmouth, N.S., baked 442 pumpkin pies – from one pumpkin!
- Pumpkins were once thought to remove freckles and be a cure for snake bites.
- Roland, Man., is home to the world's largest pumpkin replica.

JACK-O'-LANTERN TIPS

Visit canadianliving.com/october for great tips on carving the perfect pumpkin.

FRANKIE FLOWERS
a.k.a. Frank Ferragine of Toronto's "Breakfast Television" and "CityNews" on Citytv

FRANKIE'S 5 PUMPKIN PICKS

1. Atlantic Giant is a decorative variety of pumpkin that produces massive fruit exceeding 1.8 metres in diameter. The heaviest ever grown weighed 782 kilograms, officially making Atlantic Giant the world's largest pumpkin variety.

2. Baby Bear pumpkins are tiny and perfect for pies. The seeds are almost hull-less and excellent for roasting.

3. Casper pumpkins have smooth, whitish rinds with an almost bluish tinge. They are both decorative and edible.

4. Black Futsu Japanese heirloom squashes turn a dark chestnut brown colour and are excellent when roasted.

5. Marina di Chioggia is an Italian heirloom squash with knobbly blue-green skin. Its sweet orange flesh is excellent in pies and baked goods.

PHOTOGRAPHY, TOM BRAKEFIELD/STOCKBYTE/THINKSTOCK

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Home Matters

BRIGHT IDEAS

Need to shed a little light on the situation? Hang one of these bright ideas over an island or work area in your kitchen to cast the perfect glow right where you need it most.

1. Kristaller chandelier with glass prisms, Ikea, $60.
2. Single-light pendant lamp with beige faux-suede shade, Sears, $65.
3. Satco mini-pendant with opal glass in polished nickel, Union Lighting and Furnishings, $106.50.
4. Morrpark Energy Star–rated single-light pendant lamp in brushed-steel finish, Sears, $270.
5. Eglo seven-light linear chandelier with crystal strands, Union Lighting and Furnishings, $414.50.

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test driven

Microwaves

FRIGIDAIRE COUNTERTOP MICROWAVE, $130, packs 1,100 watts of cooking power in 1.1 cubic feet of space. This stainless-steel unit features a host of one-touch and auto-cook options and a one-year full warranty.

THE VERDICT

"This is a sleek and quiet stainless-steel microwave that's compact but with a surprisingly large capacity. Love the multiple one-touch options for all my favourite foods – and it looks great on my countertop!"

– Karen Kirk, senior editor, Decor

PANASONIC GENIUS INVERTER MICROWAVE, $250, has 1.2 cubic feet of space and 1,200 watts of power. It's stainless steel, and equipped with a child-safety lock and a keep-warm setting.

THE VERDICT

"Aside from being sleek and discreet, the functions are very oven-like. I'm obsessed with the dial feature to set the time and the 'keep-warm' button, which totally bails me out when I'm juggling different dishes."

– Katherine Flemming, associate editor, Fashion and Beauty

KITCHENAID ARCHITECT SERIES II MICROWAVE, $1,000, is a stainless-steel unit with a capacity of two cubic feet and 1,200 watts of power. It features "soften" and "melt" settings for low-power jobs, and a 10-level power control to prevent cold spots and overcooked edges.

THE VERDICT

"The lockout key is a selling feature: it ensures my two-year-old keeps out of trouble."

– Soo Kim, food specialist

For shopping information, see page 245

DON'T THROW IT OUT

Q: These pieces have absolutely no markings. They came to me from my dad, who thought they were from the late 1800s or early 1900s, perhaps belonging to his mother, or from the 1800s (perhaps they belonged to his grandmother). I have had no success searching the Internet to identify a name or possible origin. If you could help in any way, it would be wonderful.

– Keitha Thomas, Kingston, Ont.

A: This porcelain dinnerware set was made in the early 20th century in Japan and imitates popular English shapes and patterns. The fancy outline of the platter and the elaborate hand-painted C-scroll and floral decoration reflect the rococo style that originated in the mid-18th century and became popular again in both the Victorian and Edwardian periods. In perfect condition, pieces from your set are worth $10 (side plate) to $50 (teapot). Similar examples are shown in period department store catalogues and can be found in antique malls.

– Conrad Biernacki, Royal Ontario Museum, Toronto

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Pollard glammed up her '50s-style hi-fi vanity with a high-gloss finish and bold colours to create a stunning powder room.

PHOTOGRAPHY, RANDAL KURT PHOTOGRAPHY

FIND & DESIGN

Designer Reisa Pollard of Beyond Beige Interior Design in Vancouver repurposed a vintage hi-fi stereo to create a powder room vanity. It's quite easy to make, says Pollard, who has installed some radio vanities that still play music.

YOU NEED:

Vintage radio (or hi-fi stereo as shown here) approximately 75 to 80 cm (30 to 32 inches) high (keep in mind that a standard vanity height, including sink, is 32 inches)
Vessel-style sink designed to sit on top of the counter
Single-hole faucet and **taps**
Plumbing parts as required
Jigsaw
Moisture-resistant paint or clear lacquer (optional)
Trisodium phosphate (TSP) cleaner

TO MAKE:

1 | Choose a radio that's structurally sound and can be easily adjusted to the correct height. Make sure you consider the height of the sink. If you find a radio you love but it isn't quite the right height, in most cases the legs can be removed or replaced.
2 | Remove the back panel of the radio and remove any parts, including the speakers, that may interfere with the plumbing. (Usually, you'll find that once the large speakers are removed there will be plenty of space to accommodate the drainage pipe and water supply connections.)
3 | Clean the exterior of the radio with TSP to gently remove grime.
4 | Repair the finish, or paint with a moisture-resistant paint if necessary. Keep in mind that a little wear is testament to the radio's authenticity.
5 | Position the radio against the wall to determine the location of the plumbing and to make sure it all fits neatly inside.
6 | Place the sink on top of the radio and mark the location of the sink drain; cut the appropriate size hole for the drain using a jigsaw.
7 | Install the plumbing, sink, taps and faucet. Unless you're familiar with plumbing projects, hire a professional. It isn't necessary to secure the radio to the wall as the plumbing connections will keep it in place.

DESIGNER'S TIPS

- Although vessel sinks are the easiest to install for this project (they involve less cutting and fitting into the unit), an undermounted or top-mounted sink could also be used.
- The type of faucet you choose will depend on the type of sink you select. For a deep vessel sink, a goosenecked or wall-mounted faucet works best. A simple single-hole faucet simplifies the look and keeps the focus on the radio.
- Get creative with the countertop and add a classic piece of marble or granite right on top of the radio. A piece of clear or frosted tempered glass or a heavy application of water-resistant lacquer is a cost-effective alternative and maintains the retro look.
- To complement the retro look, use wallpaper, crystal or glass light fixtures and ornate mirrors. Or add sleek contemporary accessories to contrast with the radio's vintage vibe.

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Quick & Easy Costumes

Scare up these cute low- or no-sew costumes in under 30 minutes, for less than $15 each.

BY AUSTEN GILLILAND

PHOTOGRAPHY, MICHAEL ALBERSTAT

Despite our best intentions – and the constant reminders from little ones who are looking forward to a big candy haul – sometimes Halloween can sneak up and surprise us. But don't let a looming deadline scare you: These fast, affordable and easy costumes are a real treat! Start with a T-shirt to fit your child (or yourself), add a few craft store standards, accessorize as much or as little as you like, and you're good to go.

Static Cling

This costume is almost as easy as forgetting to add the fabric softener.

YOU NEED:

Blue T-shirt

Small items of clothing, such as socks, gloves and knee-high stockings

Used dryer sheets (optional)

Safety pins or needle and thread

TO MAKE:

1 | Lay T-shirt on work surface.

2 | Arrange small items of clothing randomly on top of T-shirt.

3 | Working carefully, use safety pins (or needle and thread) to attach items to T-shirt, placing pins underneath items so they are not visible.

DESIGNER'S NOTES

If desired, complete the ensemble by pinning small items of clothing to pants in a similar fashion. Or consider wearing ugly pants and mismatched socks, with staticky-looking spiky hair. »

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Ladybug

Maybe dressing up as this lucky bug will mean more candy.

YOU NEED:

Red T-shirt

3 sheets (23 x 30 cm/9 x 12 inches each) **black self-adhesive felt**

Pencil and **compass** or jar lids in various sizes

Scissors

Ruler

1 sheet **red bristol board**

Hole punch or awl

1.8 m (2 yards) **¼-inch-wide black elastic**

Large **2-hole black button**

TO MAKE:

1 | Place T-shirt right side up on work surface.

2 | Using pencil and compass, draw circles of various sizes onto paper backing of felt sheets. With scissors, cut out; reserve one-third of the circles to decorate wings. Without removing paper backing, place felt circles on T-shirt until satisfied with layout. Peel off paper backing and adhere circles to front of T-shirt.

3 | Cut two large semicircles from bristol board for wings; decorate with remaining black felt circles.

4 | Punch hole at top and bottom corners of semicircles. Thread elastic through button, then through holes at top of wings. Adjusting length of elastic to fit child, tie one end of elastic through hole on bottom of one wing; repeat for second wing. Trim excess elastic. »

DESIGNER'S NOTES

Add black pants to complete the outfit. Create antennae by wrapping black pipe cleaners around a black hair band; to make "eyes," glue two small black bristol board circles to ends of antennae.

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Mad Scientist

It's time to start practising that maniacal mad scientist laugh. Mwuah-ha-ha!

YOU NEED:

White T-shirt
Black and **silver fabric paint**
7 **large black buttons**
Pencil, ruler, marker, scrap cardboard and **scrap paper**

TO MAKE:

1 | Lay T-shirt on paper-covered work surface and insert scrap of cardboard between front and back of shirt.
2 | Referring to photo for placement, use pencil and ruler to draw faint line diagonally across collar and partway down chest; pivot and draw line to bottom of T-shirt, parallel to side seam. Using pencil and ruler and referring to photo, mark dots on shirt to indicate placement of buttons. Using marker, print mad scientist name on scrap paper; place under front of T-shirt on cardboard.
3 | Working from left to right, trace letters of mad scientist name in black fabric paint. Place small dot of silver paint on each button mark; place button on top of paint and press to adhere. Trace line from collar to hem with black paint. Let dry completely before removing cardboard. ■

DESIGNER'S NOTES

A pair of black pants, some wildly coloured rubber gloves and a pair of safety goggles are all your little mad scientist will need to complete his costume.

Princess & the Pea

Check out canadianliving.com/october for an exclusive bonus costume and to submit a photo or video of your best-ever Halloween costume, pumpkin or decorations for a chance to win!

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Bug Bites

Serve this creepy crawly menu for your kids' Halloween party.

BY RHEANNA KISH & THE TEST KITCHEN

tested till perfect

Devilled Giant Spider Eggs

PHOTOGRAPHY, JODI PUDGE. FOOD STYLING, LUCIE RICHARD. PROP STYLING, GENEVIEVE WISEMAN

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HALLOWEEN BUG MENU FOR 12

- Creamy Cricket Dip
- Tortilla chips and vegetable crudités*
- Devilled Giant Spider Eggs
- Baked Grubs
- Beetle Juice
- Fire Ant Anthill Cake

**Recipe not provided*

Baked Grubs

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Creamy Cricket Dip

Prep: 10 minutes
Cook: 5 minutes **Chill:** 1 hour
Makes: 2 cups (500 mL)

* Serve with plain corn tortilla chips and fresh vegetable crudités.

2 cups (500 mL) **frozen green peas**
½ cup (125 mL) **cream cheese**
½ cup (125 mL) **mayonnaise**
1 clove **garlic,** chopped
1 tbsp (15 mL) **lemon juice**
½ tsp (2 mL) **salt**
½ tsp (2 mL) **dried mint**

In saucepan of boiling water, cook peas until tender, about 5 minutes. Drain and transfer to food processor.

Add cream cheese, mayonnaise, garlic, lemon juice, salt and mint; purée until smooth. Refrigerate in airtight container for at least 1 hour before serving.

PER 1 TBSP (15 mL): about 44 cal, 1 g pro, 4 g total fat (1 g sat. fat), 1 g carb, trace fibre, 5 mg chol, 72 mg sodium, 15 mg potassium. % RDI: 1% calcium, 1% iron, 3% vit A, 2% vit C, 3% folate.

Devilled Giant Spider Eggs

Prep: 10 minutes **Stand:** 10 minutes
Cook: 10 minutes **Chill:** 1 hour
Makes: 24 pieces

* Cracking the shells then submerging them in dye gives the eggs a cool spiderweb pattern.

¼ tsp (1 mL) **black paste food colouring**
12 **eggs**
¼ cup (60 mL) finely diced **celery**
¼ cup (60 mL) finely diced **sweet gherkin pickles**
¼ cup (60 mL) **mayonnaise** (approx)
2 tbsp (30 mL) chopped **green onion** (green part only)
¼ tsp (1 mL) **chipotle chili powder** (or chili powder)
¼ tsp (1 mL) **salt**

In saucepan, whisk food colouring with 6 cups (1.5 L) water. Add eggs; bring to boil. Remove from heat; cover and let stand for 10 minutes.

Using slotted spoon, transfer eggs, 1 at a time, to paper towel. Using handle of wooden spoon, tap each egg gently in several places to crack shell without completely splitting. Transfer eggs to large bowl; cover with cooking water. Refrigerate until cool, about 1 hour.

Peel eggs and halve lengthwise. Arrange whites on platter; transfer yolks to bowl.

Add celery, pickles, mayonnaise, onion, chipotle powder and salt to yolks; mash to combine, adding more mayonnaise if desired. Spoon or pipe into egg whites.

PER PIECE: about 55 cal, 3 g pro, 4 g total fat (1 g sat. fat), 1 g carb, trace fibre, 94 mg chol, 84 mg sodium, 37 mg potassium. % RDI: 1% calcium, 2% iron, 4% vit A, 5% folate.

Baked Grubs

Prep: 8 minutes
Cook: 30 minutes
Makes: 48 pieces

* Ask at the deli counter for a 5 oz (150 g) piece of ham, about ½ inch (1 cm) thick. When sprinkling the cheese, don't worry if some misses the potatoes and gets on the baking sheet – it makes a nice crispy edge.

24 **fingerling potatoes,** scrubbed (about 1½ lb/750 g)
½ cup (125 mL) finely diced **Black Forest ham**
2 **green onions,** thinly sliced
1 cup (250 mL) shredded **old white Cheddar cheese**

In saucepan of boiling salted water, cook potatoes until tender, about 12 minutes. Drain and let cool enough to handle.

Halve lengthwise. Using spoon, scoop out flesh, leaving about ¼-inch (5 mm) thick walls. Divide ham and green onions among potatoes; sprinkle with cheese.

Bake on baking sheet in 475°F (240°C) oven until cheese is melted and bubbling and edges are crisp and golden, about 18 minutes.

PER PIECE: about 20 cal, 1 g pro, 1 g total fat (1 g sat. fat), 2 g carb, trace fibre, 3 mg chol, 54 mg sodium, 46 mg potassium. % RDI: 2% calcium, 1% iron, 1% vit A, 2% vit C, 1% folate.

Beetle Juice

Prep: 5 minutes
Makes: 8 cups (2 L)

* Pure juices (not blends) give this punch the best flavour. If using Pom Wonderful brand pomegranate juice in 473 mL bottles, top with water to make 2 cups (500 mL) even.

4 cups (1 L) **red grape juice**
2 cups (500 mL) **pomegranate juice**
2 cups (500 mL) **soda water**
Ice cubes

In pitcher, combine grape juice with pomegranate juice. Just before serving, stir in soda water and ice cubes.

PER ½ CUP (125 mL): about 55 cal, trace pro, trace total fat (0 g sat. fat), 14 g carb, trace fibre, 0 mg chol, 11 mg sodium, 151 mg potassium. % RDI: 1% calcium, 1% iron, 4% folate. »

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Fire Ant Anthill Cake

Fire Ant Anthill Cake

Prep: 1 hour
Makes: 12 to 16 servings

* If you don't want to fuss with Royal Icing for the ants, tint ¼ cup (60 mL) of the icing black, then place candy-coated chocolate pieces on the cake and pipe on black legs.

Cocoa Cake (recipe, page 184)
Cocoa Icing (recipe, page 184)
½ cup (125 mL) **chocolate cookie crumbs**
Sugar-coated green sour candy strips
Red candy-coated chocolate pieces (such as M&Ms)
Mini red candy-coated chocolate pieces (such as M&Ms Mini)
Black Royal Icing (recipe, page 184)
White candy-coated mints

Place rectangular cake on serving tray; spread with two-thirds of the Cocoa Icing. Place dome cake on one narrow end for anthill; cover with remaining icing.

Sprinkle cake all over with cookie crumbs to look like soil. Press green candy strips onto bottom edges of rectangular cake for grass. Cut fringe along 1 edge of equal amount of green candy strips; press onto cake so grass stands above top edge.

For ants, line up 1 large and 2 mini candy-coated chocolate pieces for each ant body. With piping bag and using black icing, pipe dots between candies; pipe line of icing along top to attach. Let dry. Turn over and pipe 6 legs; let dry.

Press ants all over top of cake and anthill. Arrange white candy rocks on cake.

PER EACH OF 16 SERVINGS: about 680 cal, 5 g pro, 34 g total fat (11 g sat. fat), 94 g carb, 3 g fibre, 31 mg chol, 295 mg sodium, 252 mg potassium. % RDI: 2% calcium, 20% iron, 10% vit A, 32% folate. »

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TUNA CANNELLINI

INGREDIENTS

1) 1 can cannellini beans 2) 1/2 cup jarred artichoke hearts 3) 1 tbsp black olives 4) 1/4 cup parsley, chopped. 5) 2 cans Clover Leaf Lemon & Pepper Flavoured Tuna

PREPARATION

Serves 4

1) Drain and rinse the beans. 2) Finely chop the artichokes and olives and mix with beans. Use 1/2 tsp each of juice/brine from the jars of olives and artichokes and stir into the bean mixture. 3) Add in chopped parsley. 4) In a pan on medium to high heat, lightly sauté the tuna. 5) Mix tuna in with beans mixture and serve.

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Cocoa Cake

Prep: 10 minutes
Cook: 45 minutes
Makes: 12 to 16 servings

4 cups (1 L) **all-purpose flour**
2⅔ cups (650 mL) **granulated sugar**
¾ cup (175 mL) **cocoa powder**
2½ tsp (12 mL) **baking soda**
½ tsp (2 mL) **salt**
2⅔ cups (650 mL) **cold coffee** or water
1⅓ cups (325 mL) **vegetable oil**
2 tsp (10 mL) **vanilla**
¼ cup (60 mL) **cider vinegar**

Grease and flour 13- x 9-inch (3.5 L) metal cake pan; line bottom with parchment paper. Grease and flour 4-cup (1 L) ovenproof metal mixing bowl; place circle of parchment paper on bottom. Set aside.

In large bowl, whisk together flour, sugar, cocoa, baking soda and salt; whisk in coffee, oil and vanilla. Stir in vinegar. Pour 2½ cups (625 mL) into prepared bowl; pour remainder into prepared pan, smoothing tops.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 35 minutes for rectangle cake and 45 minutes for dome cake. Let cool in pans for 10 minutes. Invert onto racks and remove pan, bowl and paper; let cool completely.

PER EACH OF 16 SERVINGS: about 414 cal, 4 g pro, 19 g total fat (2 g sat. fat), 60 g carb, 2 g fibre, 0 mg chol, 271 mg sodium, 160 mg potassium. % RDI: 1% calcium, 15% iron, 30% folate.

Cocoa Icing

Prep: 10 minutes
Makes: 3 cups (750 mL)

5 oz (150 g) **semisweet chocolate,** coarsely chopped
1 cup (250 mL) **unsalted butter,** softened
4 cups (1 L) **icing sugar,** sifted
⅓ cup (75 mL) **cocoa powder,** sifted
¼ cup (60 mL) **milk**
1½ tsp (7 mL) **vanilla**

In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate; set aside.

In large bowl, beat butter until smooth. In separate bowl, whisk icing sugar with cocoa; beat into butter alternately with milk, making 3 additions of sugar mixture and 2 of milk. Beat in chocolate and vanilla.

PER 1 TBSP (15 mL): about 84 cal, trace pro, 5 g total fat (3 g sat. fat), 11 g carb, trace fibre, 10 mg chol, 1 mg sodium, 28 mg potassium. % RDI: 1% iron, 4% vit A.

Black Royal Icing

Prep: 5 minutes
Makes: ⅔ cup (150 mL)

2 tbsp (30 mL) **water** (approx)
1 tbsp (15 mL) **meringue powder**
1 cup (250 mL) **icing sugar**
Black food colouring

In bowl, beat water with meringue powder until foamy, about 2 minutes. Beat in icing sugar until stiff, adding up to 1 tbsp (15 mL) more water if necessary to make smooth pipeable icing, 3 to 5 minutes. Tint black with food colouring.

PER 1 TBSP (15 mL): about 47 cal, trace pro, 0 g total fat (0 g sat. fat), 12 g carb, 0 g fibre, 0 mg chol, 3 mg sodium, 0 mg potassium. ■

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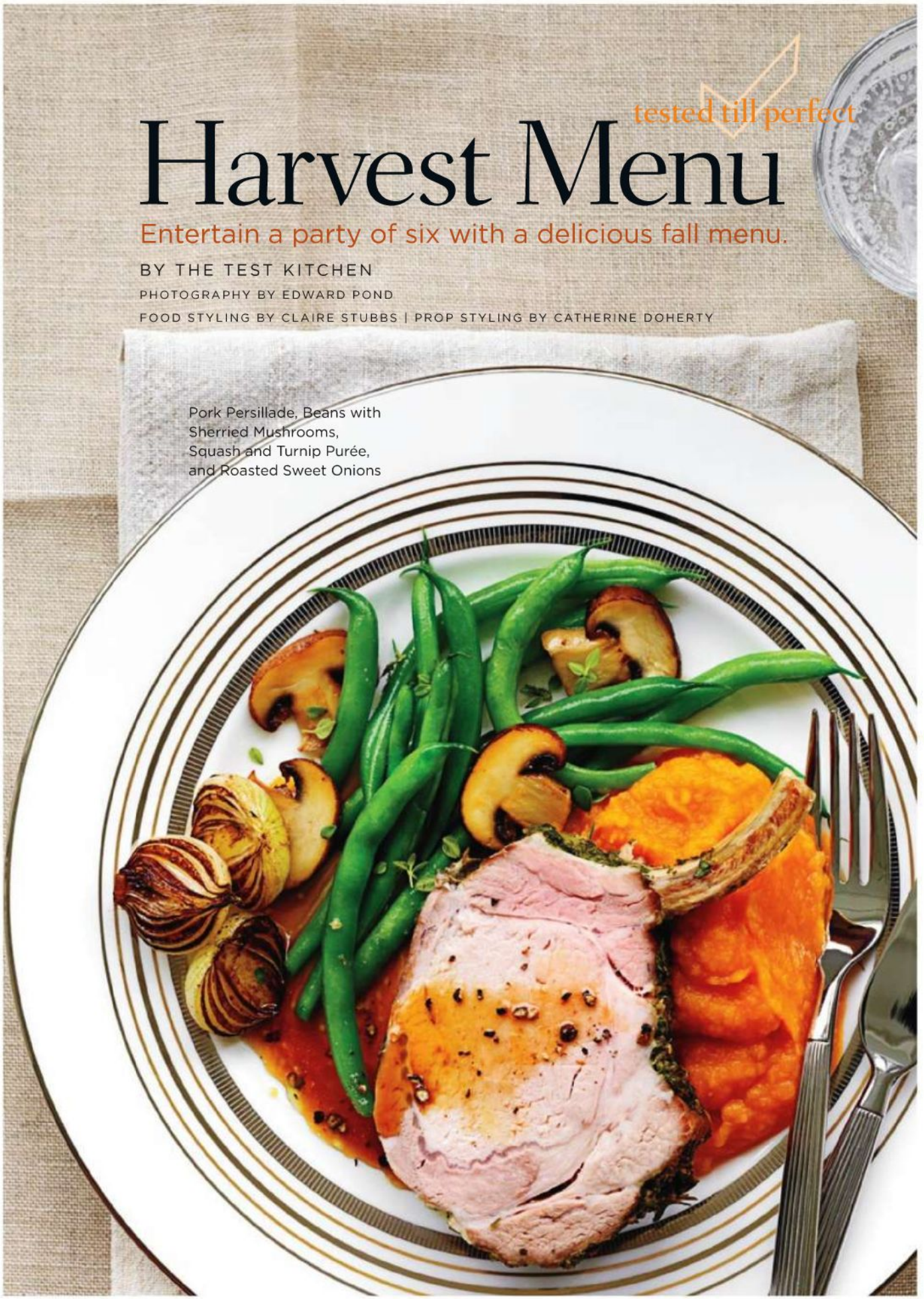
Harvest Menu

Entertain a party of six with a delicious fall menu.

BY THE TEST KITCHEN

PHOTOGRAPHY BY EDWARD POND

FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY



Pork Persillade, Beans with Sherried Mushrooms, Squash and Turnip Purée, and Roasted Sweet Onions

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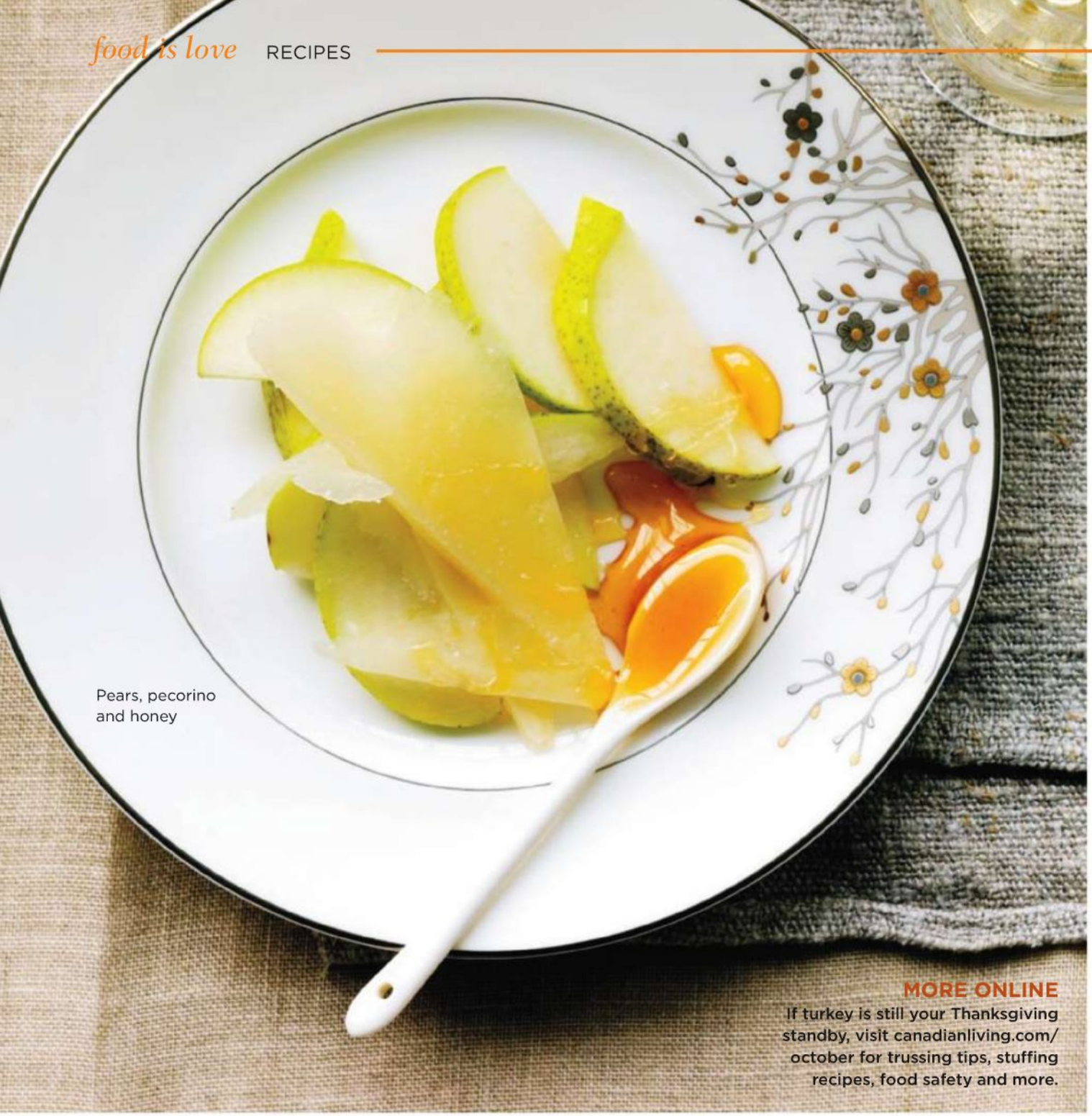

Pears, pecorino and honey

MORE ONLINE

If turkey is still your Thanksgiving standby, visit canadianliving.com/october for trussing tips, stuffing recipes, food safety and more.

HARVEST DINNER FOR 6

- Frisée salad*
- Pork Persillade
- Beans with Sherried Mushrooms
- Roasted Sweet Onions
- Squash and Turnip Purée
- Pears, pecorino and honey*

**Recipe not included*

Pork Persillade

Prep: 5 minutes
Cook: 2 hours
Makes: 6 servings

* Persillade, a simple French mixture of parsley and garlic, adds elegance and flavour to meat. A pork roast is perfect for entertaining a small group since this cut is inexpensive but looks impressive. Choose either a six-bone rib roast or a centre-cut loin, which is usually cheaper. Serve with applesauce.

1 **pork rib roast** (3½ lb/1.75 kg) or boneless pork loin centre roast (2 lb/1 kg)
½ tsp (2 mL) each **salt** and **pepper**
1½ cups (375 mL) chopped **fresh parsley**
6 cloves **garlic,** minced
2 tbsp (30 mL) **extra-virgin olive oil** »

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Sprinkle roast all over with salt and pepper. In small bowl, mix together parsley, garlic and oil to form paste; rub all over roast. If desired, cover and refrigerate for up to 24 hours.

Roast on rack in small roasting pan in 325°F (160°C) oven until meat thermometer inserted in centre registers 160°F (71°C), about 2 hours. Tent with foil and let stand for 10 minutes before slicing.

PER SERVING: about 362 cal, 39 g pro, 21 g total fat (7 g sat. fat), 2 g carb, 1 g fibre, 105 mg chol, 240 mg sodium. % RDI: 6% calcium, 20% iron, 7% vit A, 30% vit C, 12% folate.

Beans with Sherried Mushrooms

Prep: 5 minutes
Cook: 12 minutes
Makes: 4 to 6 servings

8 oz (250 g) **green beans,** trimmed
8 oz (250 g) **yellow beans,** trimmed
1 tbsp (15 mL) **extra-virgin olive oil**
6 oz (175 g) thinly sliced **cremini mushrooms**
1 clove **garlic,** minced
1 tsp (5 mL) minced **fresh thyme** (or ½ tsp/2 mL dried)
¼ tsp (1 mL) each **salt** and **pepper**
1 tbsp (15 mL) **dry sherry**
1 tbsp (15 mL) **butter**

In saucepan of boiling water, blanch green and yellow beans until tender-crisp, about 5 minutes. Drain and pat dry.

In large skillet, heat oil over medium-high heat; sauté mushrooms, garlic, thyme, salt and pepper until mushrooms are softened and golden, about 6 minutes.

Add sherry; cook until evaporated. Add beans and butter; cook, stirring, until beans are hot and butter melts.

PER EACH OF 6 SERVINGS: about 70 cal, 2 g pro, 5 g total fat (1 g sat. fat), 7 g carb, 3 g fibre, 5 mg chol, 111 mg sodium. % RDI: 3% calcium, 8% iron, 6% vit A, 12% vit C, 11% folate.

Roasted Sweet Onions

Prep: 15 minutes
Cook: 45 minutes
Makes: 6 servings

6 small **sweet onions** or cooking onions (about 2 lb/1 kg)
2 tbsp (30 mL) **extra-virgin olive oil**
1 tbsp (15 mL) **white balsamic vinegar** or white wine vinegar
¼ tsp (1 mL) **salt**

Keeping root end intact, trim off stem end of onions; peel. Cut each through root into quarters.

In large bowl, toss onions, oil, vinegar and salt. Spread on foil-lined baking sheet; bake in 425°F (220°C) oven until tender, 45 minutes.

PER SERVING: about 86 cal, 1 g pro, 5 g total fat (1 g sat. fat), 11 g carb, 1 g fibre, 0 mg chol, 107 mg sodium, 165 mg potassium. % RDI: 3% calcium, 3% iron, 10% vit C, 11% folate.

Squash and Turnip Purée

Prep: 10 minutes
Cook: 30 minutes
Makes: 6 servings

2 lb (1 kg) **orange-fleshed squash**
3 **white turnips,** peeled and quartered
1 **onion,** quartered
2 tbsp (30 mL) **butter**
Pinch each **pepper** and **nutmeg**
Salt

Cut squash in half; scoop out and discard seeds. Place, cut side down, in baking dish; add water to come ½ inch (1 cm) up side. Bake in 400°F (200°C) oven until tender, 30 to 60 minutes. Remove from dish and let cool.

Meanwhile, in saucepan of boiling salted water, cover and cook turnips and onion until tender, about 20 minutes. Reserving 1 cup (250 mL) of the cooking liquid, drain.

Scoop squash flesh into food processor. Add turnips and onion; purée, adding a little of the reserved cooking liquid to thin if desired.

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In saucepan, heat butter with ¼ cup (60 mL) of the cooking liquid over medium heat until melted. Stir in purée, pepper and nutmeg; heat through, stirring and thinning with more of the cooking liquid if desired. Season with salt to taste.

PER SERVING: about 115 cal, 3 g pro, 4 g total fat (3 g sat. fat), 20 g carb, 11 g fibre, 345 mg chol, 8 mg sodium. % RDI: 8% calcium, 8% iron, 143% vit A, 53% vit C, 16% folate. ■

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Quick & Easy

Weeknight dinner solutions

BY THE TEST KITCHEN

PHOTOGRAPHY BY EDWARD POND | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY

Kale, Bean and Sausage Soup

Prep: 10 minutes
Cook: 20 minutes
Makes: 4 servings

30min TOTAL TIME

- 2 tbsp (30 mL) **olive oil**
- 1 **Spanish onion,** sliced
- 2 cloves **garlic,** minced
- 1 large **baking potato,** peeled and cubed
- 1 **bay leaf**
- ½ tsp (2 mL) **paprika**
- ¼ tsp (1 mL) each **salt** and **pepper**
- 6 cups (1.5 L) chopped **kale leaves** (about half bunch)
- 1 can (19 oz/540 mL) **white kidney beans,** drained and rinsed
- 8 oz (250 g) **summer sausage,** cubed

In large Dutch oven, heat half of the oil over medium heat; cook onion and garlic, stirring occasionally, until softened, 4 to 5 minutes.

Add potato, bay leaf and paprika; cook, stirring, for 1 minute.

Pour in 4 cups (1 L) water, salt and pepper; bring to boil. Reduce heat, cover and simmer until potato is tender-firm, about 10 minutes.

Add kale and beans; simmer until kale is tender, 5 to 7 minutes. Discard bay leaf.

Meanwhile, in skillet, heat remaining oil over medium-high heat; fry sausage until browned. Sprinkle over bowlfuls of soup to serve.

PER SERVING: about 497 cal, 19 g pro, 25 g total fat (7 g sat. fat), 54 g carb, 13 g fibre, 39 mg chol, 900 mg sodium, 1,208 mg potassium. % RDI: 20% calcium, 29% iron, 141% vit A, 192% vit C, 38% folate. »

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Trout with Sauerkraut

Prep: 10 minutes **Cook:** 25 minutes **Makes:** 4 servings

1 tbsp (15 mL) **olive oil**
4 strips **bacon,** cut in large pieces
1 **onion,** thinly sliced
2 sprigs **fresh thyme** (or ½ tsp/2 mL dried)
1 **bay leaf**
3 cups (750 mL) **sauerkraut,** drained
½ cup (125 mL) **dry white wine**
5 **juniper berries** or whole cloves
2 **trout fillets** (8 oz/250 g each)
¼ tsp (1 mL) each **salt** and **pepper**

In Dutch oven, heat half of the oil over medium heat; cook bacon until fat is rendered, about 2 minutes.

Add onion, thyme and bay leaf; cook, stirring occasionally, until onion is softened, 3 to 5 minutes.

Mix in sauerkraut, wine, juniper berries and ¼ cup (60 mL) warm water; cover and cook over medium-low heat for 20 minutes. Discard bay leaf.

Meanwhile, sprinkle fish with salt and pepper; place, skin side down, on parchment paper–lined baking sheet. Roast in top third of 450°F (230°C) oven until fish flakes easily when tested with fork, about 10 minutes. Serve with sauerkraut.

PER SERVING: about 343 cal, 28 g pro, 20 g total fat (8 g sat. fat), 11 g carb, 5 g fibre, 82 mg chol, 1,348 mg sodium, 878 mg potassium. % RDI: 12% calcium, 21% iron, 9% vit A, 43% vit C, 24% folate. »

35min
TOTAL TIME

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50min
TOTAL TIME

Roast Chicken with Olives and Prunes

Prep: 10 minutes **Cook:** 40 minutes **Makes:** 4 servings

1 **chicken** (about 3 lb/1.5 kg)
¾ cup (175 mL) pitted **prunes**
½ cup (125 mL) pitted **green olives**
3 tbsp (45 mL) **sherry vinegar** or cider vinegar
2 tbsp (30 mL) **olive oil**
3 cloves **garlic,** smashed
½ tsp (2 mL) **salt**
¼ tsp (1 mL) **pepper**
1 **lemon,** quartered

Cut chicken into 10 pieces. In roasting pan, toss together chicken pieces, prunes, olives, vinegar, oil, garlic, salt, pepper and lemon.

Roast, skin side up, in 450°F (230°C) oven, basting occasionally with pan drippings, until juices run clear when chicken is pierced, about 40 minutes.

Transfer chicken to platter. Remove lemon and squeeze juice into drippings; return lemon rinds to pan and whisk to combine. Pour over chicken.

PER SERVING (WITHOUT SKIN): about 437 cal, 33 g pro, 24 g total fat (5 g sat. fat), 23 g carb, 3 g fibre, 125 mg chol, 694 mg sodium, 615 mg potassium. % RDI: 4% calcium, 16% iron, 6% vit A, 13% vit C, 4% folate. »

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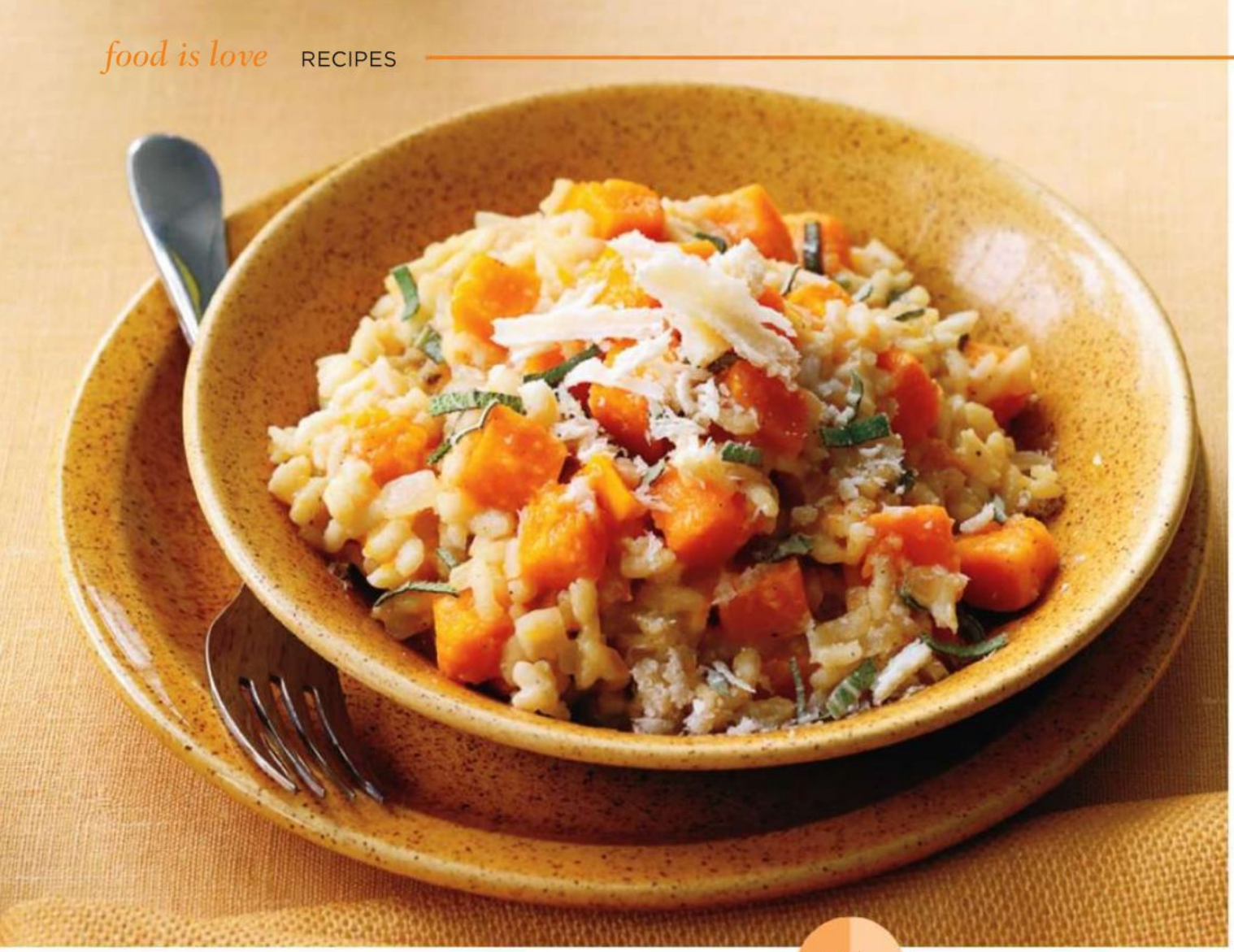

35min TOTAL TIME

Squash Risotto

Prep: 10 minutes **Cook:** 25 minutes **Makes:** 4 to 6 servings

- 3 cups (750 mL) **sodium-reduced chicken broth** or vegetable broth
- 1 **butternut squash** (1 lb/500 g)
- 2 tbsp (30 mL) **olive oil**
- 1 **onion,** chopped
- 1 clove **garlic,** minced
- 1 tbsp (15 mL) chopped **fresh sage** (or 1 tsp/5 mL dried)
- ¼ tsp (1 mL) each **salt** and **pepper**
- 1½ cups (375 mL) **arborio rice**
- ½ cup (125 mL) **white wine**
- ½ cup (125 mL) grated **Parmesan cheese**
- 1 tbsp (15 mL) **butter**

In saucepan, cover and bring broth and 2 cups (500 mL) water to simmer over medium heat; reduce heat to low and keep warm. Meanwhile, peel and cube squash to make 4 cups (1 L).

In large saucepan, heat oil over medium heat; fry squash, onion, garlic, sage, salt and pepper, stirring occasionally, until onion is softened, about 5 minutes.

Stir in rice to coat. Add wine; cook, stirring constantly, until no liquid remains.

Add 1 cup (250 mL) of the warm broth; simmer until absorbed. Continue adding broth, 1 cup (250 mL) at a time and stirring constantly, until all liquid is absorbed and rice is creamy and tender, about 18 minutes total.

Stir in cheese and butter; cook, stirring, until creamy, about 2 minutes.

PER EACH OF 6 SERVINGS: about 318 cal, 9 g pro, 9 g total fat (3 g sat. fat), 49 g carb, 2 g fibre, 12 mg chol, 538 mg sodium, 270 mg potassium. % RDI: 12% calcium, 6% iron, 72% vit A, 17% vit C, 8% folate. »

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Beef Patties with Stout Gravy

Prep: 12 minutes **Cook:** 13 minutes **Makes:** 4 servings

1 **egg**
1 clove **garlic,** minced
2 tbsp (30 mL) **Worcestershire sauce**
1 tbsp (15 mL) **prepared hot mustard**
1 lb (500 g) **medium ground beef**
1 tbsp (15 mL) **vegetable oil**
1 cup (250 mL) **sodium-reduced beef broth**
1 cup (250 mL) **stout** or water
1 pkg (10 oz/284 g) **pearl onions,** peeled
1 cup (250 mL) **frozen peas**
1 tbsp (15 mL) **cornstarch**

In bowl, whisk together egg, garlic, half of the Worcestershire sauce and 1 tsp (5 mL) of the mustard. Mix in beef. Shape into eight patties.

In skillet, heat oil over medium heat; fry patties, turning once, until digital thermometer inserted sideways into centre registers 160°F (71°C), about 10 minutes. Transfer to plate; cover and keep warm.

Whisk together broth, stout and remaining Worcestershire sauce and mustard; add to pan and bring to boil. Add onions and peas; simmer until onions are softened, 3 to 5 minutes.

Mix cornstarch with 1 tbsp (15 mL) water; stir into pan. Return patties to skillet; simmer until gravy is thickened.

PER SERVING: about 394 cal, 26 g pro, 23 g total fat (8 g sat. fat), 16 g carb, 2 g fibre, 114 mg chol, 390 mg sodium, 531 mg potassium. % RDI: 5% calcium, 24% iron, 9% vit A, 12% vit C, 18% folate.■

25min TOTAL TIME

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Apples of Our Eye

Ontario grows some of the best apples around. Here are four luscious desserts and one mouthwatering salad packed with the best fruits of the harvest.

BY CHRISTINE PICHECA & THE TEST KITCHEN

PHOTOGRAPHY BY JODI PUDGE | FOOD STYLING BY LUCIE RICHARD | PROP STYLING BY GENEVIEVE WISEMAN

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Crossover
Apple Strudel

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Classic Tarte Tatin

Prep: 15 minutes **Chill:** 40 minutes **Cook:** 55 minutes **Makes:** 6 to 8 servings

1 cup (250 mL) **all-purpose flour**
1 tbsp (15 mL) **granulated sugar**
Pinch **salt**
½ cup (125 mL) **cold butter,** quartered
1 **egg yolk**
2 tbsp (30 mL) **ice water**

FILLING:

3¼ lb (1.625 kg) **Crispin apples** (8 to 10 apples)
⅓ cup (75 mL) **butter,** softened
1 cup (250 mL) **granulated sugar**

In large bowl, stir together flour, sugar and salt. With pastry blender or 2 knives, cut in butter until in coarse crumbs. Whisk egg yolk with water; drizzle over flour mixture and toss with fork until in clumps. With floured hands, form into ball; press into 1-inch (2.5 cm) thick disk. Wrap and refrigerate for 30 minutes.

FILLING: Meanwhile, peel, quarter and core apples; set aside.

Spread butter over 8- to 9-inch (20 to 23 cm) cast-iron skillet at least 2½ inches (6 cm) deep. Sprinkle evenly with sugar.

Set apple wedges upright in sugar, wedging tightly to fill skillet. Cook over medium heat, uncovered and basting occasionally, until syrup is thickened and apples are light caramel brown, 30 to 40 minutes.

If tips of apples are not tender, bake skillet in 375°F (190°C) oven until tender, about 10 minutes.

Let cool in refrigerator until no longer steaming, about 10 minutes.

On lightly floured surface, roll out pastry into circle slightly larger than top of skillet. Trim edge if necessary. Roll loosely around rolling pin; unroll over apples, tucking between pan and apples. Cut 4 steam vents in centre.

Bake in 425°F (220°C) oven for 10 minutes. Reduce heat to 375°F (190°C); bake until crust is golden, 15 to 20 minutes. Let cool for 3 to 4 minutes.

Invert heatproof platter over tarte. Wearing oven mitts, turn skillet upside down onto platter. With spatula, remove any apples stuck to skillet and arrange on tarte. Spoon syrup over top. Let cool slightly before cutting into wedges to serve.

PER EACH OF 8 SERVINGS: about 406 cal, 3 g pro, 20 g total fat (12 g sat. fat), 57 g carb, 2 g fibre, 76 mg chol, 137 mg sodium, 155 mg potassium. % RDI: 2% calcium, 6% iron, 18% vit A, 7% vit C, 16% folate. »

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Crossover Apple Strudel

Prep: 1 hour **Chill:** 12½ hours
Cook: 35 minutes
Makes: 2 strudels, 10 servings each

2½ tsp (12 mL) active **dry yeast**
¼ cup (60 mL) **warm water**
½ cup (125 mL) **milk**
1 **egg**
¼ cup (60 mL) **granulated sugar**
2½ cups (625 mL) **all-purpose flour**
½ tsp (2 mL) **salt**
1 cup (250 mL) **cold unsalted butter,** cubed

FILLING:
8 cups (2 L) sliced (½ inch/1 cm thick) **cooking apples** (such as Northern Spy)
¼ cup (60 mL) **granulated sugar**
2 tbsp (30 mL) **all-purpose flour**
2 tsp (10 mL) grated **lemon rind**
1 tbsp (15 mL) **lemon juice**
¼ tsp (1 mL) grated **nutmeg**

GLAZE:
¼ cup (60 mL) **granulated sugar**
2 tbsp (30 mL) **water**
2 tsp (10 mL) **coarse sugar**

In bowl, sprinkle yeast over water; let stand for 3 minutes. Whisk in milk, egg and sugar.

In food processor, pulse flour with salt. Add butter; pulse 5 or 6 times until combined but chunky. Pour in milk mixture; pulse 6 or 7 times to make ragged dough. Press together and transfer to bowl. Cover and refrigerate for 12 hours.

On lightly floured surface, roll out dough into 16-inch (40 cm) square. Fold one-third over; fold remaining third over top. Fold crosswise into thirds to make square. Repeat rolling out and folding into square once. Wrap and refrigerate for 30 minutes.

FILLING: Meanwhile, in bowl, combine apples, sugar, flour, lemon rind and juice, and nutmeg; set aside.

Divide dough in half. Working with 1 half at a time, roll out to 15- x 12-inch (38 x 30 cm) rectangle. Fold in half lengthwise. Along open edge, cut 2-inch (5 cm) long strips at 1-inch (2.5 cm) intervals. Transfer to parchment paper–lined baking sheet; unfold dough and flatten out strips.

Spoon half of the apple mixture along centre of pastry, heaping and pressing together and leaving ½-inch (1 cm) border at ends. From 1 end, cross first strip of dough over filling, angling slightly; cross opposite strip over to cover end of first strip. Repeat until last 2 strips. Fold uncovered end of pastry over apples; cross over last strips, tucking into bottom flap. Transfer to parchment paper–lined baking sheet. Repeat with remaining pastry and filling.

GLAZE: In small saucepan, bring granulated sugar and water to boil, stirring; brush over strudels. Sprinkle with coarse sugar.

Bake in 375°F (190°C) oven until golden, about 30 minutes. Let cool on pans on racks.

PER SERVING: about 201 cal, 3 g pro, 10 g total fat (6 g sat. fat), 27 g carb, 1 g fibre, 34 mg chol, 65 mg sodium. % RDI: 2% calcium, 6% iron, 9% vit A, 3% vit C, 21% folate.

Crossover Apple Strudel

Waldorf Salad

Prep: 15 minutes
Chill: 1 hour
Makes: 6 to 8 servings

¼ cup (60 mL) **whipping cream**
3 tbsp (45 mL) **mayonnaise**
1 tbsp (15 mL) **lemon juice**
¼ tsp (1 mL) each **salt** and **pepper**
1 cup (250 mL) **walnuts,** toasted and coarsely chopped
1 cup (250 mL) sliced **celery**
2 **apples** (Idared and/or Red Delicious), cored and sliced

In large bowl, whip cream; fold in mayonnaise, lemon juice, salt and pepper. Fold in walnuts, celery and apples. Refrigerate for 1 hour.

PER EACH OF 8 SERVINGS: about 180 cal, 3 g pro, 16 g total fat (3 g sat. fat), 8 g carb, 2 g fibre, 12 mg chol, 116 mg sodium, 154 mg potassium. % RDI: 3% calcium, 4% iron, 4% vit A, 5% vit C, 10% folate. »

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ONTARIO APPLES

Among the many varieties grown in this province, these apples are the most popular. Here's a list of their best uses.

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Cortland: fresh, cooking; salads, sauces, pies
Empire: fresh; salads
Fuji: fresh; salads
Gala: fresh; salads
Golden Delicious: fresh; salads, sauces
Honeycrisp: fresh; salads
Idared: fresh, cooking; juice
Jonagold: fresh, cooking; salads, sauces, pies
McIntosh: fresh, cooking; salads, sauces, pies
Northern Spy: fresh, cooking, drying; pies
Red Delicious: fresh; salads
Russet: fresh, cooking; pies, applesauce, cider
Spartan: fresh, cooking; salads, pies

BUSHELS OF FUN

Spend a fun afternoon with the kids making Caramel Apples. Visit us online for instructions – and lots of mouthwatering photos – at canadianliving.com/october.

Apple Pie Cake

Prep: 15 minutes
Cook: 45 minutes
Makes: 16 servings

2 **eggs**
2 cups (500 mL) **granulated sugar**
1 cup (250 mL) **vegetable oil**
1 tsp (5 mL) **vanilla**
2 cups (500 mL) **all-purpose flour**
2 tsp (10 mL) **ground cinnamon**
½ tsp (2 mL) each **baking soda** and **baking powder**
½ tsp (2 mL) **salt**
5 cups (1.25 L) cubed (½ inch/1 cm) cored peeled **Spartan apples**

In large bowl, beat together eggs, sugar, oil and vanilla. In separate bowl, whisk together flour, cinnamon, baking soda, baking powder and salt; stir into egg mixture to make stiff dough. Fold in apples.

Spread in parchment paper–lined 13- x 9-inch (3.5 L) metal cake pan. Bake in 350°F (180°C) oven until skewer inserted in centre comes out with moist crumbs clinging, 45 to 50 minutes. Let cool in pan on rack.

PER SERVING: about 305 cal, 3 g pro, 15 g total fat (1 g sat. fat), 43 g carb, 1 g fibre, 23 mg chol, 129 mg sodium, 62 mg potassium. % RDI: 1% calcium, 6% iron, 1% vit A, 2% vit C, 16% folate.

Applesauce Squares

Prep: 40 minutes **Chill:** 30 minutes
Cook: 55 minutes
Makes: 24 squares

4 cups (1 L) each cubed (½ inch/1 cm) cored peeled **McIntosh** and **Crispin apples**
⅓ cup (75 mL) **granulated sugar**
2 **cinnamon sticks**
¼ cup (60 mL) **water**
½ cup (125 mL) **raisins**
2 tbsp (30 mL) **butter,** softened
1 tsp (5 mL) **vanilla**

PASTRY:
3 cups (750 mL) **all-purpose flour**
¼ cup (60 mL) **granulated sugar**
1 tsp (5 mL) **baking powder**
½ tsp (2 mL) **salt**
½ cup (125 mL) **cold unsalted butter,** cubed
3 **eggs**
2 tbsp (30 mL) **water**

STREUSEL:
1 cup (250 mL) **all-purpose flour**
½ cup (125 mL) **granulated sugar**
½ cup (125 mL) **cold unsalted butter,** cubed

In saucepan, bring McIntosh and Crispin apples, sugar, cinnamon sticks and water to boil. Reduce heat, cover and simmer, stirring occasionally, until McIntosh are broken down and Crispin are softened, 10 to 15 minutes.

Uncover and cook for 5 minutes, stirring often. Discard cinnamon. Stir in raisins, butter and vanilla. Let cool completely.

PASTRY: Meanwhile, in bowl, whisk flour, sugar, baking powder and salt. With pastry blender or 2 knives, cut in butter. Whisk eggs with water; stir into flour mixture and press together to form dough. Press into disc; wrap and refrigerate for 30 minutes.

STREUSEL: In bowl, whisk flour with sugar. With pastry blender or 2 knives, cut in butter until in crumbs. Set aside.

On lightly floured surface, roll out pastry into 16- x 12-inch (40 x 30 cm) rectangle. Press over bottom and up sides of parchment paper–lined rimmed 14- x 10-inch (35 x 25 cm) baking sheet. Trim excess above rim. Spread filling over pastry; sprinkle with streusel.

Bake in 350°F (180°C) oven until firm and golden, about 40 minutes. Let cool completely.

PER SQUARE: about 215 cal, 3 g pro, 10 g total fat (6 g sat. fat), 30 g carb, 1 g fibre, 46 mg chol, 77 mg sodium, 75 mg potassium. % RDI: 2% calcium, 8% iron, 9% vit A, 2% vit C, 21% folate. ■

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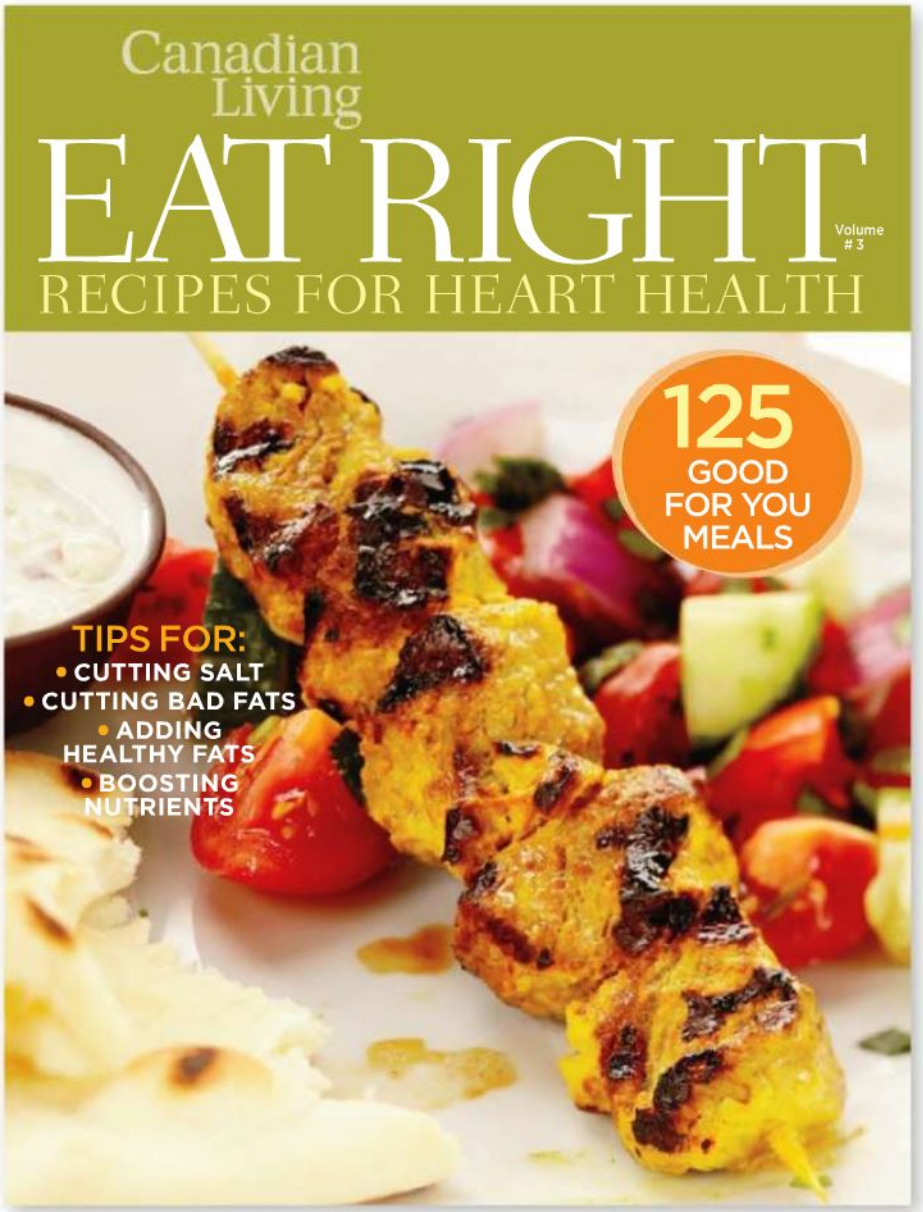

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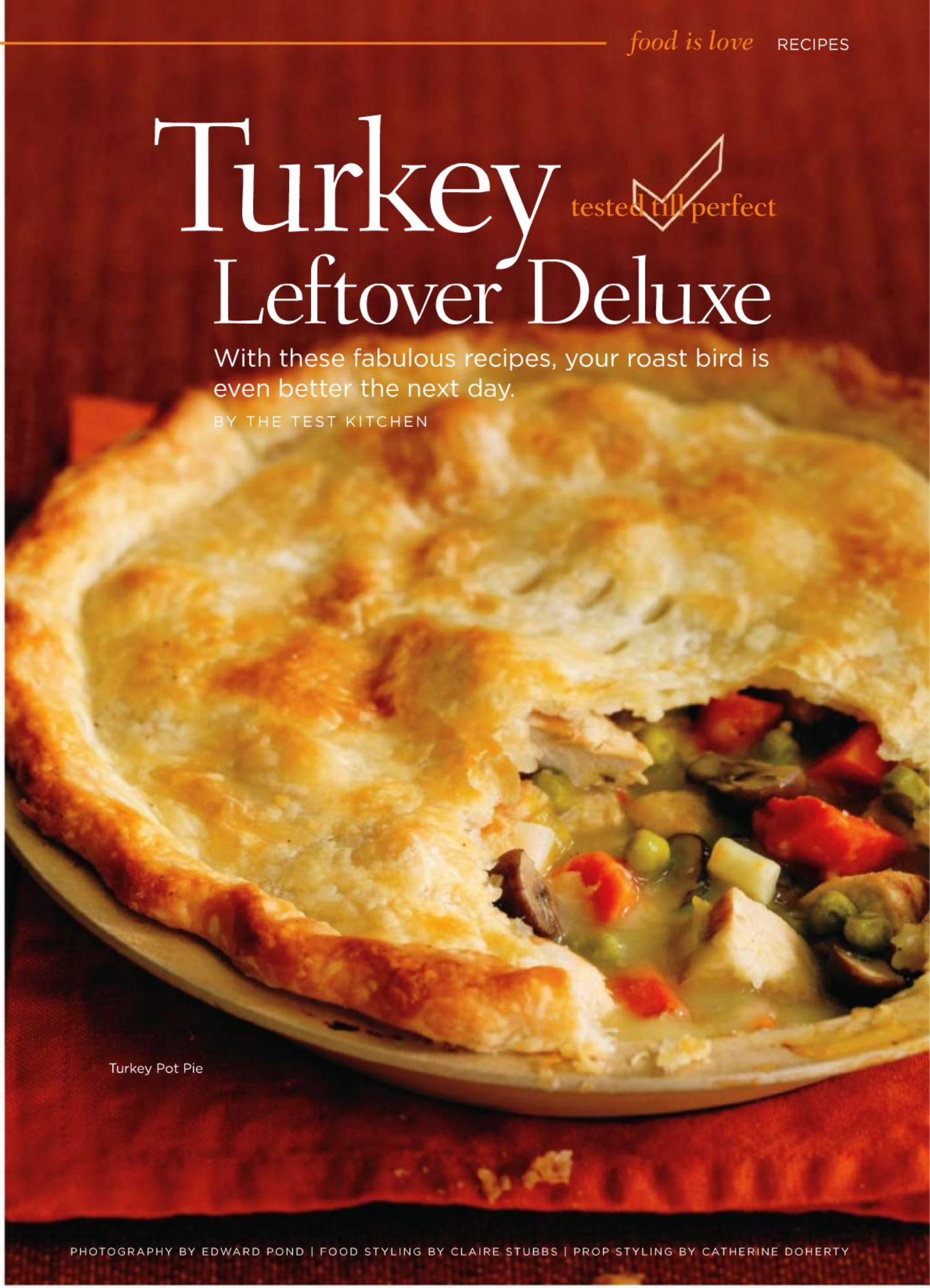
Turkey Leftover Deluxe

tested till perfect

With these fabulous recipes, your roast bird is even better the next day.

BY THE TEST KITCHEN



Turkey Pot Pie

PHOTOGRAPHY BY EDWARD POND | FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY

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Cover Recipe

Turkey Pot Pie

Prep: 30 minutes
Cook: 1 hour
Makes: 4 servings

✱ Use the pastry recipe on this page, or subsitute your favourite.

1 tbsp (15 mL) **vegetable oil**
Half **onion,** diced
1 cup (250 mL) chopped **leeks** (white and light green parts only)
1 cup (250 mL) each chopped **celery** and **carrot**
8 oz (250 g) **cremini mushrooms,** quartered
1 clove **garlic,** minced
⅓ cup (75 mL) **all-purpose flour**
½ tsp (2 mL) each **salt** and **dried thyme**
¼ tsp (1 mL) each **pepper** and **dried savory**
6 cups (1.5 L) **Homemade Turkey Stock** (recipe, page 208)
4 cups (1 L) chopped **cooked turkey**
1 cup (250 mL) **frozen peas**
Flaky Pastry (recipe, this page)

In Dutch oven, heat oil over medium heat; cook onion, leeks, celery and carrot, stirring occasionally, until softened, about 5 minutes.

Add mushrooms and garlic; cook, stirring occasionally, until softened, about 8 minutes.

Add flour, salt, thyme, pepper and savory; cook, stirring, for 1 minute. Slowly pour in stock, stirring and scraping up browned bits; bring to boil. Reduce heat and simmer for 10 minutes. Stir in turkey and peas. Pour into 6- to 8-cup (1.5 to 2 L) casserole dish.

On lightly floured surface, roll out pastry to fit top of casserole dish. Press over dish; trim to leave ¾-inch (2 cm) overhang. Fold overhang under pastry rim; flute to seal. Brush top with water; cut steam vents.

Bake in 400°F (200°C) oven for 15 minutes. Reduce heat to 350°F (180°C); bake until pastry is golden and filling is bubbly, about 20 minutes.

PER SERVING: about 620 cal, 56 g pro, 25 g total fat (10 g sat. fat), 40 g carb, 5 g fibre, 130 mg chol, 546 mg sodium, 1,241 mg potassium. % RDI: 10% calcium, 44% iron, 62% vit A, 12% vit C, 57% folate.

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A loaf of homemade bread is the key to the ultimate turkey sandwich. Discover our bread-baking tips and recipes at canadianliving.com/october.

Flaky Pastry

Prep: 10 minutes **Chill:** 30 minutes
Makes: enough for 1 single-crust pie

⅔ cup (150 mL) **all-purpose flour**
Pinch **salt**
2 tbsp (30 mL) each cold **butter** and **lard**
1 tbsp (15 mL) **ice water** (approx)
2 tsp (10 mL) **milk**
½ tsp (2 mL) **vinegar**

In bowl, combine flour with salt. Using pastry blender, cut in butter and lard until in fine crumbs with a few larger pieces.

Whisk together water, milk and vinegar; drizzle over dry ingredients, stirring briskly with fork to form ragged dough and adding up to 1 tbsp (15 mL) more water if too dry. Press into disc. Wrap and refrigerate until chilled, about 30 minutes, or for up to 24 hours.

Turkey à la King

Prep: 15 minutes
Cook: 25 minutes
Makes: 4 servings

8 slices **whole wheat bread**
2 tbsp (30 mL) **butter**
1 **onion,** chopped
½ cup (125 mL) each diced **carrot** and **celery**
1 tsp (5 mL) **salt**
½ tsp (2 mL) each **dried thyme** and **pepper**
¼ cup (60 mL) **all-purpose flour**
1½ cups (375 mL) **Homemade Turkey Stock** (recipe, page 208)
1 cup (250 mL) **milk**
1 tbsp (15 mL) **white wine vinegar**
2 cups (500 mL) cubed **cooked turkey**
1 cup (250 mL) **frozen peas**

Cut crusts off bread. Using rolling pin, roll each slice to ¼-inch (5 mm) thickness. Fit each into lightly greased 6 oz (175 mL) custard cup. Bake in 375°F (190°C) oven until golden brown, about 8 minutes.

Meanwhile, in large saucepan, melt butter over medium heat; cook onion, carrot, celery, salt, thyme and pepper, stirring occasionally, until onion is softened, about 2 minutes.

Add flour; cook, stirring, for 1 minute. Whisk in stock, milk and vinegar; cook, whisking often, until thickened, about 10 minutes.

Add turkey and peas; cook until bubbly and peas are tender, about 3 minutes. Ladle into toast cups.

PER SERVING: about 421 cal, 33 g pro, 14 g total fat (6 g sat. fat), 43 g carb, 6 g fibre, 74 mg chol, 1,028 mg sodium, 673 mg potassium. % RDI: 15% calcium, 32% iron, 39% vit A, 8% vit C, 32% folate. »

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LEFTOVER TURKEY SANDWICHES

Turkey Reuben

• In nonstick skillet over medium heat, cook 1½ cups (375 mL) rinsed drained sauerkraut and 1 small onion, chopped, in 2 tsp (10 mL) vegetable oil until onion is softened, about 5 minutes.
• Butter 8 slices light rye bread. Combine ¼ cup (60 mL) each mayonnaise and sweet relish and 2 tbsp (30 mL) ketchup; spread over unbuttered side of half of the bread. Cover with sauerkraut mixture, 12 oz (375 g) thinly sliced cooked turkey breast and 4 slices Swiss cheese; press remaining bread over top, buttered side out. Broil on baking sheet, turning once, until golden and cheese melts, about 5 minutes. *Makes 4 servings.*

Curried Turkey Apple Tea Sandwiches

• Combine 1¼ cups (300 mL) finely diced cooked turkey; ¼ cup (60 mL) each finely diced celery and peeled apple; 1 green onion, finely diced; ¼ cup (60 mL) mayonnaise; 1 tsp (5 mL) lemon juice; ½ tsp (2 mL) curry powder; and pinch each salt and pepper. Sandwich in 8 buttered slices sandwich bread; trim off crusts. Cut each into 4 triangles or squares. *Makes 4 servings or 16 tea sandwiches.*

Turkey, Oka and Caramelized Onion Panini

• In large skillet, heat 1 tbsp (15 mL) each olive oil and butter over medium-low heat. Cook 2 Spanish or large onions, thinly sliced; 1 clove garlic, sliced; ¼ tsp (1 mL) dried thyme; and pinch each salt, pepper and granulated sugar until onions are caramelized, about 20 minutes. Stir in 2 tsp (10 mL) white wine vinegar.
• Butter 8 slices whole grain bread; spread unbuttered side of 4 of the slices with Russian or sweet mustard. Top with onion mixture and 6 oz (175 g) each sliced cooked turkey and Oka or Swiss cheese. Cover with remaining bread, buttered side out. Grill in skillet over medium heat, or in panini press, until browned and cheese is melted. *Makes 4 servings.*

Turkey Club Sandwich

• Toast 12 slices white or whole wheat bread; spread 1 side of each with mayonnaise. Top 4 of the slices with romaine lettuce; sliced tomato; 2 slices crispy bacon; and about 2 oz (60 g) sliced cooked turkey. Top each with second bread slice and repeat layers. Top with remaining bread. Secure with toothpicks; cut into triangles. *Makes 4 servings.*

Turkey Reuben

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Chinese-Style Turkey Meatball Soup

Prep: 15 minutes
Cook: 13 minutes
Makes: 6 servings or 8 cups (2 L)

*This is a great way to use the tasty Homemade Turkey Stock (and it doesn't require any leftover meat). Kids will love the meatballs. Napa cabbage adds a touch of sweetness.

6 cups (1.5 L) **Homemade Turkey Stock** (recipe, page 208)
4 cups (1 L) shredded **napa cabbage**
1 **green onion,** thinly sliced
Sesame oil (optional)

TURKEY MEATBALLS:
1 **egg,** beaten
1 **green onion,** minced
1 clove **garlic,** minced
1 tbsp (15 mL) **light** or sodium-reduced **soy sauce**
2 tsp (10 mL) grated **gingerroot**
2 tsp (10 mL) **sesame oil**
¼ tsp (1 mL) each **salt** and **pepper**
1 lb (500 g) **ground turkey**
2 tbsp (30 mL) **cornstarch**

GINGER DIPPING SAUCE:
⅓ cup (75 mL) **rice vinegar**
2 tsp (10 mL) grated **gingerroot**

TURKEY MEATBALLS: In bowl, mix together egg, onion, garlic, soy sauce, ginger, sesame oil, salt and pepper. Mix in turkey and cornstarch. Shape by 1 tbsp (15 mL) into balls.

Meanwhile, in large saucepan, bring stock to boil over medium-high heat. Add meatballs and return to boil; reduce heat, cover and simmer for 5 minutes.

Add cabbage; simmer until tender, about 8 minutes.

Ladle into bowls; sprinkle with onion. Drizzle with sesame oil (if using).

GINGER DIPPING SAUCE: Divide vinegar and ginger among 6 small dishes for dipping meatballs.

PER SERVING: about 200 cal, 20 g pro, 10 g total fat (3 g sat. fat), 6 g carb, 1 g fibre, 92 mg chol, 314 mg sodium, 455 mg potassium. % RDI: 4% calcium, 14% iron, 3% vit A, 3% vit C, 15% folate. »

TURKEY ROASTING

- Tent turkey with foil. Roast in 325°F (160°C) oven, removing foil for last hour, until thermometer inserted in thickest part of thigh reads 185°F (85°C).
- For convection oven, reduce time by 25 per cent. Bake stuffing in separate dish while turkey is standing, since stuffing in the bird may not have time to reach safe temperature in convection oven.

SERVINGS	WEIGHT	STUFFED	UNSTUFFED
4 to 6	10 to 12 lb (4.5 to 5.5 kg)	3½ to 3¾ hours	3 to 3¼ hours
8 to 10	12 to 16 lb (5.5 to 7 kg)	3¾ to 4 hours	3¼ to 3½ hours
12 to 16	16 to 22 lb (7 to 10 kg)	4 to 4½ hours	3½ to 4 hours

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Cobb-Style Turkey Salad

Prep: 20 minutes
Makes: 4 servings

3 cups (750 mL) shredded **romaine lettuce**
1 cup (250 mL) torn **watercress leaves** or arugula (optional)
1 large **tomato,** cubed
1 small **sweet red pepper,** thinly sliced
2 cups (500 mL) cubed **cooked turkey**
1 **avocado,** peeled, pitted and cubed
¼ cup (60 mL) crumbled **blue cheese**
2 **hard-cooked eggs,** sliced
2 tbsp (30 mL) chopped **fresh chives** or green onions

DRESSING:
2 tbsp (30 mL) **red wine vinegar**
½ tsp (2 mL) **Dijon mustard**
1 clove **garlic,** minced
Pinch each **salt, pepper** and **granulated sugar**
3 tbsp (45 mL) **extra-virgin olive oil**

DRESSING: In small bowl, whisk together vinegar, mustard, garlic, salt, pepper and sugar; whisk in oil in thin steady stream.

Arrange romaine on large platter; top with watercress (if using). Arrange tomato, red pepper, turkey, avocado, cheese and eggs in piles on top. Sprinkle with chives. To serve, drizzle with dressing and toss.

PER SERVING: about 377 cal, 28 g pro, 26 g total fat (6 g sat. fat), 9 g carb, 5 g fibre, 153 mg chol, 215 mg sodium, 750 mg potassium. % RDI: 9% calcium, 18% iron, 37% vit A, 93% vit C, 55% folate.

Homemade Turkey Stock

Prep: 5 minutes
Cook: 4 hours **Chill:** 8 hours
Makes: 6 cups (1.5 L)

* Turkey soups often taste flat because the carcass sits too long in the refrigerator before being used for stock. To remedy this, after a turkey dinner, remove all the meat and package it separately. Refrigerate the carcass then make stock early the next day. The difference in taste is dramatic.

12 cups (3 L) **cold water**
1 **turkey carcass,** broken into 3 or 4 pieces
2 ribs **celery** with leaves, coarsely chopped
2 **carrots,** coarsely chopped
2 unpeeled **onions,** coarsely chopped
1 **bay leaf**
1 tbsp (15 mL) **black peppercorns**
6 stems **fresh parsley** or coriander

In large stockpot, combine water, turkey carcass, celery, carrots, onions, bay leaf, peppercorns and parsley; bring to boil. Skim off any foam. Reduce heat and simmer for 4 hours.

Strain through cheesecloth-lined sieve set over large bowl; let cool. Refrigerate until fat solidifies on surface, about 8 hours. Discard fat. Refrigerate stock in airtight container for up to 3 days or freeze for up to 4 months.

PER 1 CUP (250 mL): about 59 cal, 7 g pro, 2 g total fat (1 sat. fat), 1 g carb, 0 g fibre, 2 mg chol, 48 mg sodium, 300 mg potassium. % RDI: 1% calcium, 6% iron, 3% folate.

SWITCH IT UP

Slow Cooker Homemade Turkey Stock

Reduce water to 8 cups (2 L). Pour into slow cooker; add remaining ingredients. Cover and cook on low for 8 to 10 hours. ■

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Create a spinach delight: Philly Florentine Linguine.

Prep: 30 min. Makes: 4 servings

220 g	linguine, uncooked	1/2 cup	*Philadelphia* Spinach Light Cream Cheese Product (1/2 of 250g tub)*
1 Tbsp.	olive oil		
1	small onion, chopped	1/2 cup	25%-less-sodium chicken broth
1	clove garlic, minced	1/2 cup	milk

COOK pasta as directed on package. Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add onions and garlic; cook and stir 5 to 7 min. or until crisp-tender. ADD *Philly*; cook and stir on medium heat 5 min. or until melted. Whisk in broth and milk; cook and stir 2 to 3 min. or until slightly thickened (do not boil). DRAIN pasta. Serve topped with sauce.

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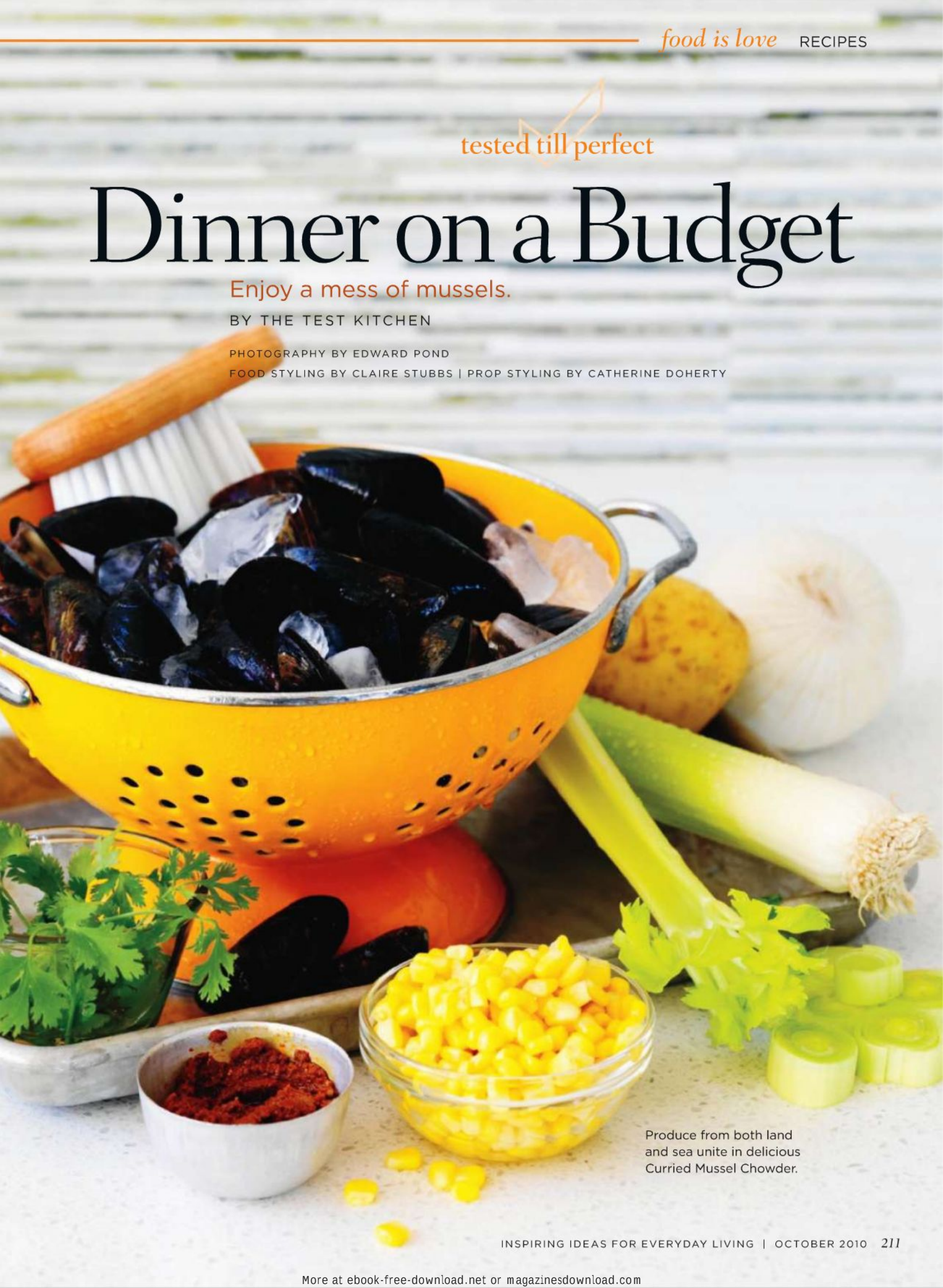
Dinner on a Budget

Enjoy a mess of mussels.

BY THE TEST KITCHEN

PHOTOGRAPHY BY EDWARD POND

FOOD STYLING BY CLAIRE STUBBS | PROP STYLING BY CATHERINE DOHERTY



Produce from both land and sea unite in delicious Curried Mussel Chowder.

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OCTOBER RECIPE

Lemon Chicken and Broccoli Saute

Prep Time: 10 minutes
Cook Time: 10 minutes
Serves 6

WHAT YOU NEED

- 1-½ lbs./750 g Boneless chicken breast, cut into bite sized pieces
- 2 tbsp./30 mL All-purpose flour
- 3 Cloves garlic, finely chopped
- 2 tbsp./30 mL Non-hydrogenated margarine
- 4 cups/1 L Broccoli florets
- 1 cup/250 mL Hot water
- 1 pot Knorr® Homestyle Stock Chicken
- 2 tbsp./30 mL Lemon juice

HOW YOU MAKE IT

Step 1
Toss chicken, flour and garlic in medium bowl; set aside.

Step 2
Melt margarine in 12-inch (30 cm) nonstick skillet over medium-high heat and cook chicken, stirring occasionally, for 6 minutes or until chicken is thoroughly cooked. Remove chicken from skillet.

Step 3
Stir broccoli into same skillet and cook 1 minute. Stir in hot water and Knorr® Homestyle Stock Chicken until melted. Reduce heat to low and simmer 3 minutes or until crisp-tender. Return chicken to skillet; heat through. Remove skillet from heat, then stir in lemon juice.

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Mussels in Black Bean Sauce

Prep: 12 minutes
Cook: 10 minutes
Makes: 2 servings
Cost: $3.99 per serving

Serve over steamed rice alongside broccoli sautéed with garlic and a pinch of hot pepper flakes.

- 2 lb (1 kg) **fresh mussels**
- ¼ cup (60 mL) **water**
- 1 tbsp (15 mL) **Chinese black bean sauce**
- 1 piece (2 inches/5 cm long) **gingerroot,** sliced
- Half **jalapeño pepper,** seeded and sliced
- 4 cloves **garlic,** sliced
- 2 **green onions,** cut in 2-inch (5 cm) lengths
- ¼ cup (60 mL) chopped **fresh coriander** or parsley

Scrub mussels and remove any beards. Discard any that do not close when tapped.

In Dutch oven or large saucepan, combine mussels, water, black bean sauce, ginger, jalapeño pepper, garlic and onions; stir to coat.

Cover and bring to boil over medium-high heat; cook, stirring occasionally, until mussels open, about 10 minutes. Discard any that do not open. Remove from heat. Toss with coriander.

PER SERVING: about 168 cal, 17 g pro, 4 g total fat (1 g sat. fat), 16 g carb, 1 g fibre, 37 mg chol, 376 mg sodium. % RDI: 5% calcium, 35% iron, 7% vit A, 23% vit C, 27% folate.

Spaghetti with Mussel Marinara Sauce

Prep: 15 minutes
Cook: 45 minutes
Makes: 4 servings
Cost: $3.32 per serving

- 2 lb (1 kg) **fresh mussels**
- 1 tbsp (15 mL) **extra-virgin olive oil**
- 1 small **onion,** minced
- ½ cup (125 mL) **white wine**
- 1 lb (500 g) **spaghetti,** cooked
- ¼ cup (60 mL) chopped **fresh basil** or parsley

MARINARA SAUCE:

- 1 tbsp (15 mL) **extra-virgin olive oil**
- 2 cloves **garlic**
- 1 can (28 oz/796 mL) **whole tomatoes**
- 1 tbsp (15 mL) **balsamic vinegar**
- Pinch each **salt, granulated sugar** and **hot pepper flakes**
- 1 sprig **fresh basil** (or 3 sprigs fresh parsley)

MARINARA SAUCE: In saucepan, heat oil over medium heat; fry garlic, turning, until golden, about 3 minutes. Remove pan from heat.

Add tomatoes, mashing with potato masher. Stir in vinegar, salt, sugar, hot pepper flakes and basil. Return to heat and bring to boil; reduce heat, cover and simmer, stirring occasionally, until thickened, about 30 minutes. Let cool. Transfer to food processor or blender; purée until smooth.

Meanwhile, scrub mussels and remove any beards. Discard any that do not close when tapped. Set aside.

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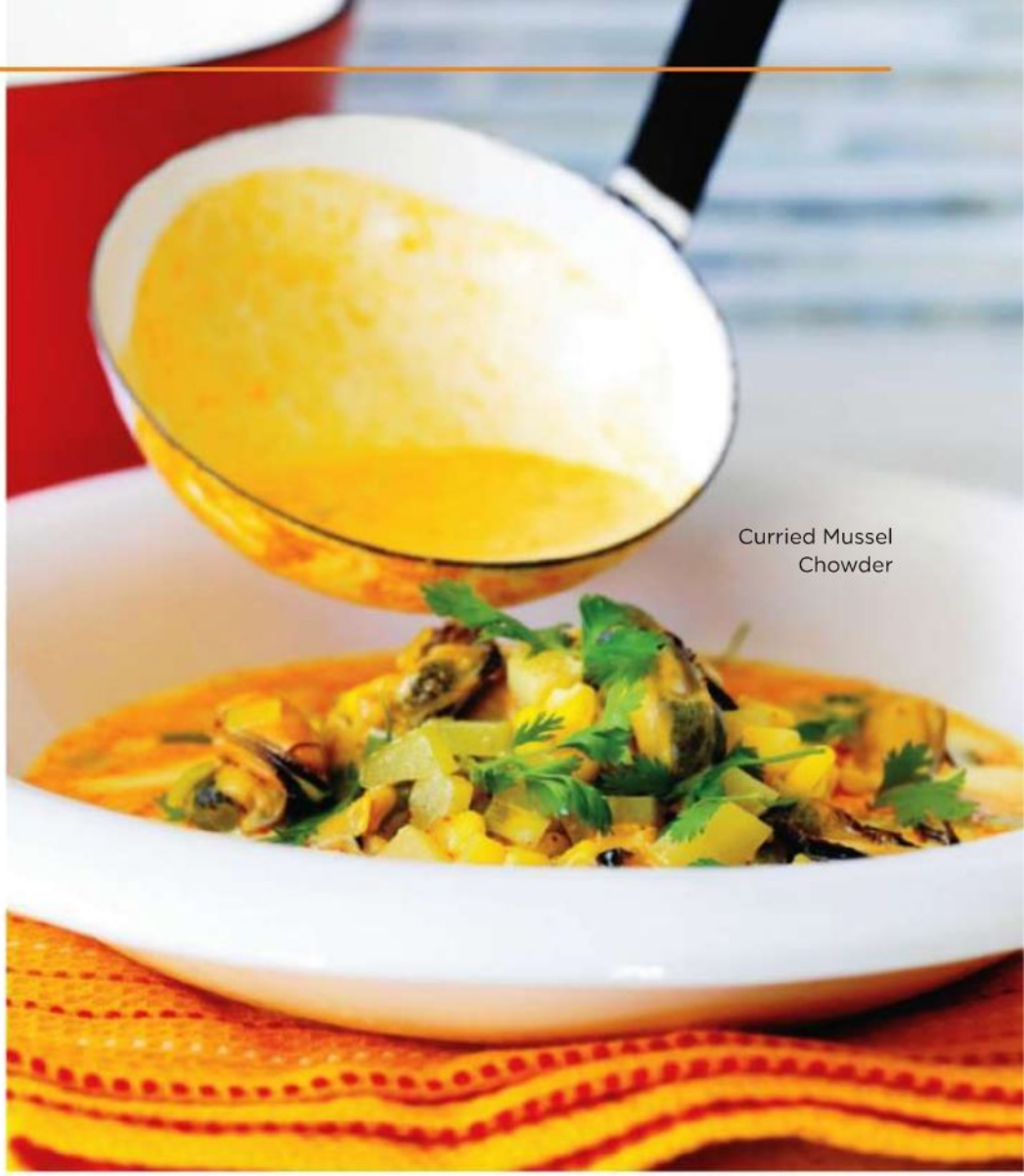
In Dutch oven, heat oil over medium-high heat; fry onion until softened, about 5 minutes.

Stir in wine and Marinara Sauce; bring to boil. Add mussels; cover and cook until mussels open, about 8 minutes. Discard any that do not open. Serve over spaghetti. Sprinkle with basil.

PER SERVING: about 597 cal, 24 g pro, 11 g total fat (2 g sat. fat), 98 g carb, 7 g fibre, 18 mg chol, 748 mg sodium, 757 mg potassium. % RDI: 11% calcium, 65% iron, 7% vit A, 53% vit C, 121% folate.



Curried Mussel Chowder

Curried Mussel Chowder

Prep: 12 minutes
Cook: 41 minutes
Makes: 4 servings
Cost: $3.29 per serving

2 lb (1 kg) **fresh mussels**
¾ cup (175 mL) **water**
3 tbsp (45 mL) **butter**
1 cup (250 mL) diced peeled **potato**
1 cup (250 mL) chopped **leeks** (white and light green parts only)
¾ cup (175 mL) each finely chopped **onion** and **celery**
2 tsp (10 mL) **mild Indian curry paste**
¼ cup (60 mL) **all-purpose flour**
¼ tsp (1 mL) **salt**
2 cups (500 mL) **milk**
1 cup (250 mL) thawed **corn kernels**
2 tbsp (30 mL) chopped **fresh coriander**

Scrub mussels and remove any beards. Discard any that do not close when tapped.

In Dutch oven, cover and steam mussels with water over medium-high heat, stirring once, until mussels open, about 8 minutes. Strain, reserving liquid and discarding any that do not open. Let cool. Remove mussels from shells; place in bowl. Set aside.

In Dutch oven, melt butter over medium heat; cook potato, leeks, onion and celery, stirring often, until softened, about 5 minutes.

Stir in curry paste; cook for 2 minutes. Stir in flour and salt; cook, stirring, for 1 minute.

Whisk in milk; reduce heat and simmer, stirring occasionally, until thickened and potatoes are tender, about 20 minutes.

Add reserved mussel liquid and corn; simmer until corn is tender-crisp, about 5 minutes. Serve sprinkled with coriander.

PER SERVING: about 312 cal, 15 g pro, 14 g total fat (7 g sat. fat), 33 g carb, 2 g fibre, 51 mg chol, 458 mg sodium, 688 mg potassium. % RDI: 17% calcium, 27% iron, 18% vit A, 17% vit C, 31% folate. ■

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tested till perfect

Baked Pasta

Cheesy comfort food is just the thing on cool autumn nights.

BY CHRISTINE PICHECA & THE TEST KITCHEN

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Three-Cheese Rotollo with White Sauce

Prep: 15 minutes **Cook:** 36 minutes
Makes: 8 to 12 servings

*This fun twist on cheese manicotti is equally delicious with red or white sauce. The recipe makes two pans and freezes beautifully.

1 lb (500 g) **Ricotta cheese**
1 cup (250 mL) shredded **Fontina cheese**
⅓ cup (75 mL) grated **Parmesan cheese**
2 **eggs**
¼ cup (60 mL) chopped **fresh parsley**
¼ tsp (1 mL) **salt**
6 sheets **fresh lasagna** (1 lb/500 g)
¼ tsp (1 mL) **grated nutmeg**
Basic White Sauce (recipe, page 219)

Stir together Ricotta, Fontina, ¼ cup (60 mL) of the Parmesan cheese, eggs, parsley and salt. Set aside.

In large pot of boiling salted water, cook pasta, in batches, until pliable but not fully cooked, 3 to 4 minutes. Drain, keeping sheets separate to prevent sticking.

Stir nutmeg into white sauce. Divide about ½ cup (125 mL) between bottoms of two 13- x 9-inch (3 L) casserole dishes.

Spread ½ cup (125 mL) of the filling over each lasagna sheet, leaving ¾-inch (2 cm) border at edges. Starting at 1 long edge, roll up tightly into cylinder. Cut each into 1-inch (2.5 cm) long rolls. Arrange rolls, seam side down, on sauce in dishes, making 4 evenly spaced rows in each. Divide remaining white sauce evenly over top, making sure pasta is completely covered. Sprinkle each dish with half of the remaining Parmesan cheese.

Bake 1 dish, covered, in 350°F (180°C) oven until bubbly, about 30 minutes, uncovering for last 10 minutes.

To freeze second dish: Double-wrap casserole in foil; freeze for up to 1 month. Bake from frozen, covered, in 350°F (180°C) oven for 1 hour, uncovering for last 10 minutes.

PER EACH OF 12 SERVINGS: about 335 cal, 17 g pro, 18 g total fat (10 g sat. fat), 27 g carb, 1 g fibre, 116 mg chol, 469 mg sodium, 208 mg potassium. % RDI: 26% calcium, 10% iron, 19% vit A, 3% vit C, 31% folate.

SWITCH IT UP

Three-Cheese Rotollo with Red Sauce

Substitute 4 cups (1 L) Puréed Tomato Sauce (recipe, page 219) for Basic White Sauce. Omit nutmeg.

Simple Tomato Sauce

Prep: 5 minutes
Cook: 35 minutes
Makes: about 8 cups (2 L)

*The key to this simple, tasty sauce is using good-quality tomatoes, such as the San Marzano variety. This recipe makes double the amount of sauce you need for these baked pastas, but it freezes well, so enjoy leftovers tossed with spaghetti and grated Parmesan cheese for a quick weeknight meal.

¼ cup (60 mL) **olive oil**
½ cup (125 mL) chopped **onion**
2 cloves **garlic,** minced
2 cans (28 oz/796 mL each) **whole tomatoes**
2 cans (5½ oz/156 mL each) **tomato paste**
2 cups (500 mL) **water**
2 sprigs **fresh basil** and/or **parsley**
2 **fresh bay leaves**
1 tsp (5 mL) **salt**

In large saucepan, heat oil over medium-high heat; sauté onion and garlic until softened and translucent, about 3 minutes. »

USING OVEN-READY PASTA SHEETS

These noodles save a bit of prep time when you're making something like our Three-Cheese Rotollo. Instead of boiling regular pasta, soak oven-ready pasta sheets in cold water until pliable, about 2 minutes. Make rotollo as directed, covering entire exposed surface of pasta with sauce. Pour ½ cup (125 mL) liquid (water if using tomato sauce, or milk if using white sauce) between noodles and edges of pan before sprinkling with Parmesan cheese.

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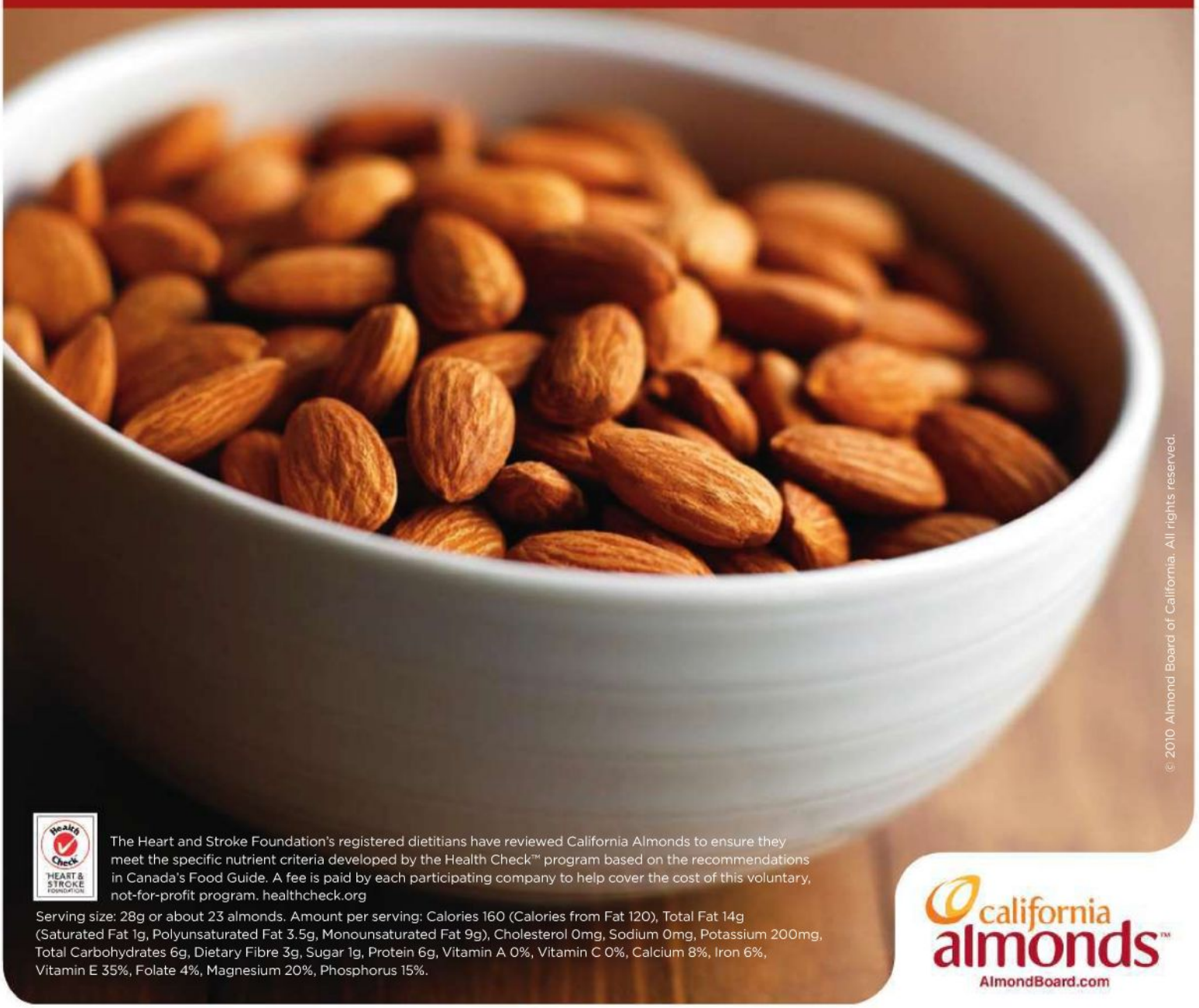

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The Heart and Stroke Foundation's registered dietitians have reviewed California Almonds to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in Canada's Food Guide. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. healthcheck.org

Serving size: 28g or about 23 almonds. Amount per serving: Calories 160 (Calories from Fat 120), Total Fat 14g (Saturated Fat 1g, Polyunsaturated Fat 3.5g, Monounsaturated Fat 9g), Cholesterol 0mg, Sodium 0mg, Potassium 200mg, Total Carbohydrates 6g, Dietary Fibre 3g, Sugar 1g, Protein 6g, Vitamin A 0%, Vitamin C 0%, Calcium 8%, Iron 6%, Vitamin E 35%, Folate 4%, Magnesium 20%, Phosphorus 15%.

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Stir in tomatoes, breaking up with spoon. Stir in tomato paste, water, basil, parsley, bay leaves and salt; bring to boil. Reduce heat to medium-low; simmer, covered and stirring frequently to prevent scorching, for 30 minutes.

Discard bay leaves, basil and parsley.

PER ¼ CUP (60 mL): about 34 cal, 1 g pro, 2 g total fat (trace sat. fat), 4 g carb, 1 g fibre, 0 mg chol, 148 mg sodium, 213 mg potassium. % RDI: 2% calcium, 6% iron, 2% vit A, 15% vit C, 2% folate.

SWITCH IT UP

Puréed Tomato Sauce

In food processor or blender, in batches, purée sauce (with bay leaves and herbs) until smooth. Press through fine sieve, discarding solids.

Stored properly, hard cheeses can keep for up to one year. Just make sure to change the wrapping regularly because these cheeses can absorb the strong odours of certain foods.

Basic White Sauce

Prep: 5 minutes
Cook: 20 minutes
Makes: 3⅔ cups (900 mL)

* We made this rich and creamy béchamel sauce a little on the thin side so that our baked pastas would stay saucy.

2 tbsp (30 mL) **butter**
2 tbsp (30 mL) **all-purpose flour**
3½ cups (875 mL) **2% milk**
½ cup (125 mL) **whipping cream**
2 cloves **garlic**
1 **fresh bay leaf**
½ tsp (2 mL) **salt**
⅛ tsp (0.5 mL) **pepper**

In saucepan, melt butter over medium heat; cook flour, stirring constantly, for 2 minutes without browning. Whisk in milk, cream, garlic, bay leaf, salt and pepper; bring to boil, whisking often.

Reduce heat to low; simmer for 15 minutes (sauce will thicken slightly). Strain through fine sieve.

PER ¼ CUP (60 mL): about 74 cal, 2 g pro, 6 g total fat (4 g sat. fat), 4 g carb, 0 g fibre, 19 mg chol, 116 mg sodium, 97 mg potassium. % RDI: 7% calcium, 1% iron, 7% vit A, 2% folate. »

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Beef and Mozzarella Baked Rotini

Prep: 10 minutes
Cook: 55 minutes
Makes: 8 to 10 servings

1 tbsp (15 mL) **olive oil**
¼ cup (60 mL) chopped **onion**
1 clove **garlic**
1 lb (500 g) **lean ground beef**
4 cups (1 L) **Simple Tomato Sauce** (recipe, page 216)
1 pkg (454 g) **rotini**
3 cups (750 mL) shredded **Mozzarella cheese**
¼ cup (60 mL) grated **Parmesan cheese**

In large skillet, heat oil over medium-high heat; sauté onion and garlic until softened and translucent, about 3 minutes. Add beef; cook, breaking up with spoon, until no longer pink, about 10 minutes. Stir in tomato sauce; reduce heat to medium and simmer until thickened, about 10 minutes.

Meanwhile, in large pot of boiling salted water, cook pasta for 2 minutes less than package instructions indicate (pasta will be slightly undercooked). Drain; return to pot.

Toss together pasta, meat sauce, 2 cups (500 mL) of the Mozzarella cheese and 2 tbsp (30 mL) of the Parmesan cheese. Spread in 13- x 9-inch (3 L) casserole dish; sprinkle with remaining Mozzarella and Parmesan cheeses.

Bake in 350°F (180°C) oven until cheese is melted and pasta is bubbly, about 30 minutes.

PER EACH OF 10 SERVINGS: about 448 cal, 24 g pro, 20 g total fat (9 g sat. fat), 42 g carb, 4 g fibre, 59 mg chol, 562 mg sodium, 536 mg potassium. % RDI: 24% calcium, 29% iron, 11% vit A, 25% vit C, 48% folate.

Alfredo-Style Baked Shells with Peas, Parmesan and Pancetta

Prep: 10 minutes
Cook: 45 minutes
Makes: 8 to 10 servings

1 tbsp (15 mL) **butter**
½ cup (125 mL) **fresh bread crumbs**
½ cup (125 mL) grated **Parmesan cheese**
½ cup (125 mL) diced **pancetta**
½ cup (125 mL) chopped **onion**
1 clove **garlic,** chopped
2 cups (500 mL) **frozen peas**
Basic White Sauce (recipe, page 219)
1 pkg (454 g) **pasta shells**

In skillet, melt butter over medium-high heat; fry bread crumbs, stirring, until crisp and golden, about 4 minutes. Add 2 tbsp (30 mL) of the Parmesan cheese; set aside.

In clean skillet, cook pancetta over medium-high heat until crisp, about 4 minutes. Add onion and garlic; cook until softened and translucent, about 3 minutes. Stir in peas and white sauce; bring to boil. Reduce heat and simmer for 2 minutes.

Meanwhile, in large pot of boiling salted water, cook pasta for 2 minutes less than package instructions indicate (pasta will be slightly undercooked). Drain; return to pot.

Toss together pasta, pancetta mixture and remaining Parmesan cheese. Spread in 8-inch (2 L) square casserole dish. Sprinkle with toasted bread crumbs.

Bake in 350°F (180°C) oven until pasta is bubbly, about 30 minutes.

PER EACH OF 10 SERVINGS: about 389 cal, 14 g pro, 17 g total fat (10 g sat. fat), 45 g carb, 3 g fibre, 43 mg chol, 475 mg sodium, 249 mg potassium. % RDI: 17% calcium, 17% iron, 17% vit A, 5% vit C, 53% folate. »

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Katherine's story

Lessons learned from my trash-talking housekeeper.

When I put a note in the classifieds asking for help, I probably should have been more specific. My housekeeper, Frances, seemed more interested in helping with my flailing love life than my kitchen floor. I'd come home to a clean fridge covered with personal ads, so I was surprised when she brought up Bounce® dryer sheets. "Always put one in the bottom of the trash can," she said. Before I could ask why, I was interrupted by her underlying motive. "Until you find a husband to take out the trash for you, you want to help keep it smelling fresh." Well, my love life still stinks, but at least my trash can always smells a little better.

Share your story online at BounceEverywhere.ca

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Veal and Spinach Cannelloni

Prep: 30 minutes
Cook: 1½ hours
Makes: 8 to 12 servings

* This recipe is a bit labour-intensive, but it makes two pans – one to eat tonight and another that freezes beautifully for another time.

1 tbsp (15 mL) **olive oil**
½ cup (125 mL) chopped **onion**
1 clove **garlic,** minced
1 lb (500 g) **ground veal**
½ cup (125 mL) **dry white wine**
½ cup (125 mL) **milk**
3 tbsp (45 mL) **tomato paste**
¼ tsp (1 mL) each **salt** and **pepper**
1 **fresh bay leaf**
8 cups (2 L) packed chopped **spinach leaves** (about 2 bunches)
¼ cup (60 mL) chopped **fresh parsley**
2 cups (500 mL) shredded **Mozzarella cheese**
6 sheets **fresh lasagna** (1 lb/500 g)
4 cups (1 L) **Puréed Tomato Sauce** (recipe, page 219)
¼ cup (60 mL) grated **Parmesan cheese**

In Dutch oven, heat oil over medium-high heat; sauté onion and garlic until softened and translucent, about 3 minutes. Add veal; cook, breaking up meat with spoon, until no longer pink but still moist. Stir in wine, milk, tomato paste, salt, pepper and bay leaf; bring to boil. Reduce heat to low; simmer, covered, for 40 minutes, stirring occasionally and adding up to ½ cup (125 mL) water if necessary to keep mixture moist.

Add spinach and parsley; cook, covered and stirring occasionally, until wilted, about 10 minutes. Let cool slightly, about 10 minutes. Stir in Mozzarella cheese.

Meanwhile, cut each lasagna sheet into six 3- x 3½-inch (8 x 9 cm) rectangles. In large pot of boiling salted water, cook pasta, in batches, until pliable but not fully cooked, 3 to 4 minutes. Drain, keeping pieces separate to prevent sticking.

Divide about ½ cup (125 mL) of the tomato sauce over bottoms of two 13- x 9-inch (3 L) casserole dishes.

Spoon rounded 1 tbsp (15 mL) of the veal mixture along 1 short edge of each pasta rectangle. Roll up; place, seam side down, on sauce, making 2 rows of 9 in each dish. Divide remaining tomato sauce evenly over rolls, making sure pasta is completely covered; sprinkle each with half of the Parmesan cheese.

Bake 1 dish, covered, in 350°F (180°C) oven until bubbly, about 30 minutes, uncovering for last 10 minutes.

To freeze second dish: Double-wrap casserole in foil; freeze for up to 1 month. Bake from frozen, covered, in 350°F (180°C) oven for 1 hour, uncovering for last 10 minutes.

PER EACH OF 12 SERVINGS: about 449 cal, 20 g pro, 15 g total fat (5 g sat. fat), 34 g carb, 2 g fibre, 78 mg chol, 692 mg sodium, 897 mg potassium. % RDI: 22% calcium, 32% iron, 33% vit A, 48% vit C, 45% folate.

SWITCH IT UP

Veal and Spinach Stuffed Shells

Can't find fresh lasagna? Use 48 jumbo shells (about 1 lb/500 g) instead, cooking according to package directions. Prepare filling, stuff and bake as directed. ■

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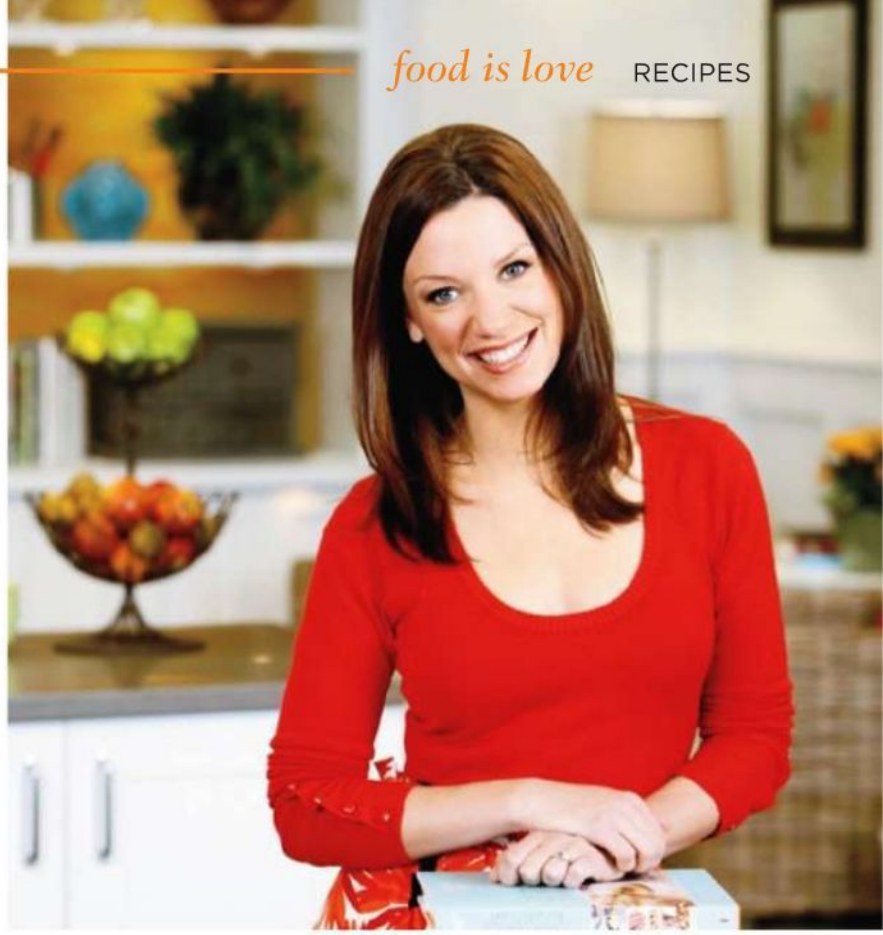

Enjoy *Canadian Living* recipes prepared by host Kary Osmond on the CBC-TV show "Best Recipes Ever." Here's one from an upcoming episode.

Chicken Parmigiana Casserole

Makes 8 servings

* If you freeze this casserole ahead, add the artichokes after thawing to keep the dish from getting watery.

¼ cup (60 mL) **vegetable oil**
1 **onion**, chopped
1 **carrot**, diced
3 cloves **garlic**, minced
1 tsp (5 mL) **dried oregano**
½ tsp (2 mL) each **salt** and **pepper**
1 can (28 oz/796 mL) **whole tomatoes**
¼ cup (60 mL) **tomato paste**
1 can (14 oz/398 mL) **artichoke hearts**, drained and halved
1 cup (250 mL) shredded **mozzarella cheese**

CHICKEN:
6 **boneless skinless chicken breasts**
⅓ cup (75 mL) **all-purpose flour**
1 **egg**
¾ cup (175 mL) **dry bread crumbs**
¼ cup (60 mL) grated **Parmesan cheese**
½ tsp (2 mL) **dried oregano**
¼ tsp (1 mL) **cayenne pepper**
Pinch **salt**

In saucepan, heat 1 tbsp (15 mL) of the oil over medium heat; cook onion, carrot, garlic, oregano, salt and pepper until softened, 5 minutes. Add tomatoes, breaking up with spoon; add tomato paste. Bring to boil; reduce heat and simmer until thickened, about 20 minutes.

CHICKEN: Meanwhile, between plastic wrap, pound chicken to ¼-inch (5 mm) thickness; cut in half crosswise. Place flour in shallow dish. In separate shallow dish, whisk egg with 2 tbsp (30 mL) water. In third shallow dish, stir bread crumbs, Parmesan, oregano, cayenne and salt. Coat chicken in flour, then egg mixture, then bread crumb mixture.

In large skillet, heat remaining oil over medium-high heat; cook chicken, in batches, turning once, until golden brown and no longer pink inside, 4 to 6 minutes.

Spread 1 cup (250 mL) of the sauce in 13- x 9-inch (3 L) glass baking dish. Top with chicken, overlapping, then remaining sauce. (To freeze ahead, refrigerate until cold. Wrap in plastic and heavy-duty foil; freeze for up to 2 weeks. Thaw in refrigerator for 48 hours. Cover with foil; bake in 375°F/190°C oven for 30 minutes. Uncover; continue with recipe.)

Sprinkle with artichokes, then mozzarella; bake in 375°F (190°C) oven until bubbly, about 20 minutes.

NUTRITIONAL INFO
PER SERVING: about 343 cal, 32 g pro, 14 g total fat (4 g sat. fat), 22 g carb, 4 g fibre, 98 mg chol, 669 mg sodium. % RDI: 18% calcium, 19% iron, 37% vit A, 30% vit C, 17% folate.

Best Tip

Dry bread crumbs add texture to casserole tops or in crunchy coatings on fried fish and chicken. To make them, cut bread into small cubes; bake in 350°F (180°C) oven, turning often, until dry. Let cool. Pulse in food processor until fine. To store, freeze in a resealable bag for up to 6 months.

You can watch "Best Recipes Ever" across all time zones at 3 p.m. (3:30 p.m. in Newfoundland) on CBC-TV.

CBC

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Pumpkin Pecan
Bundt Cake

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tested till perfect

Great Pumpkins

Fresh from the patch: seven tasty harvest recipes

BY SOO KIM & THE TEST KITCHEN

PHOTOGRAPHY, EDWARD POND
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ARE YOU SWIMMING IN PUMPKINS?
Surf over to canadianliving.com/october for toasty seed recipes, plus 15 more pumpkin dishes.

Pumpkin Pecan Bundt Cake

Prep: 15 minutes
Cook: 1 hour
Makes: 10 to 12 servings

- ¾ cup (175 mL) chopped **pecans**
- 1⅔ cups (400 mL) packed **brown sugar**
- ¼ cup (60 mL) **butter,** softened, or vegetable oil
- 3 **eggs**
- ¾ cup (175 mL) **vegetable oil**
- 2 cups (500 mL) **roasted pumpkin purée** or squash purée (see Perfect Purée, page 234)
- 2½ cups (625 mL) **all-purpose flour**
- 2 tsp (10 mL) **baking powder**
- 1¾ tsp (9 mL) **ground cinnamon**
- 1 tsp (5 mL) each **baking soda** and **ground ginger**
- ¾ tsp (4 mL) **salt**
- ¼ tsp (1 mL) each **ground nutmeg** and **allspice**

SYRUP:

- ¼ cup (60 mL) **butter**
- ⅔ cup (150 mL) packed **brown sugar**
- ¼ cup (60 mL) **dark rum**

On baking sheet, toast pecans in 350°F (180°C) oven until fragrant, about 8 minutes; let cool.

In small bowl, stir pecans with 2 tbsp (30 mL) of the brown sugar; sprinkle over greased and flour-dusted 10-inch (3 L) Bundt pan.

In large bowl, beat remaining sugar with butter; beat in eggs, 1 at a time. Beat in oil until fluffy. Beat in pumpkin until smooth.

In separate bowl, whisk together flour, baking powder, cinnamon, baking soda, ginger, salt, nutmeg and allspice; stir into egg mixture. Scrape into pan; tap pan on counter and smooth top.

Bake in 350°F (180°C) oven until cake tester inserted in centre comes out clean, about 50 minutes. Let cool on rack for 10 minutes. Remove from pan; transfer to rack.

SYRUP: In small saucepan, melt butter over medium heat. Stir in sugar and 3 tbsp (45 mL) water; boil until dissolved and thickened, about 3 minutes. Stir in rum; boil for 1 minute. Brush over cake.

PER EACH OF 12 SERVINGS: about 550 cal, 5 g pro, 28 g total fat (7 g sat. fat), 67 g carb, 3 g fibre, 67 mg chol, 388 mg sodium, 311 mg potassium. % RDI: 8% calcium, 22% iron, 89% vit A, 3% vit C, 30% folate. »

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Pumpkin Gnocchi

Prep: 20 minutes **Cook:** 10 minutes **Makes:** 6 to 8 servings

⅓ cup (75 mL) **butter**
¼ cup (60 mL) **pine nuts**
12 **fresh sage leaves**

GNOCCHI:
2 cups (500 mL) **roasted pumpkin purée** or squash purée (see Perfect Purée, page 234)
½ cup (125 mL) finely grated **Parmesan cheese**
1 **egg**
1 tsp (5 mL) **salt**
¼ tsp (1 mL) **ground nutmeg**
3 cups (750 mL) **all-purpose flour** (approx)

GNOCCHI: In large bowl, stir together pumpkin purée, Parmesan cheese, egg, salt and nutmeg. Using wooden spoon, stir in 2 cups (500 mL) of the flour. Stir in enough of the remaining flour, ¼ cup (60 mL) at a time, to make soft, sticky dough that pulls away from bowl but still sticks to spoon and fingers.

On well-floured surface and with floured hands, roll dough into log; divide into quarters. Gently roll and shape each quarter into ¾-inch (2 cm) diameter rope. With sharp knife, cut each rope diagonally into ¾-inch (2 cm) pieces.

In large pot of boiling salted water, cook gnocchi, in 2 batches and stirring gently, until floating; about 3 minutes. Using slotted spoon, scoop onto large serving platter.

Meanwhile, in large skillet, melt butter over medium heat; cook pine nuts until lightly toasted and butter just begins to brown, about 2 minutes.

Add sage leaves; cook until fragrant, about 30 seconds. Scrape over gnocchi; toss to coat.

PER EACH OF 8 SERVINGS: about 325 cal, 9 g pro, 14 g total fat (7 g sat. fat), 42 g carb, 3 g fibre, 49 mg chol, 710 mg sodium, 222 mg potassium. % RDI: 9% calcium, 24% iron, 129% vit A, 3% vit C, 49% folate. »

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Pumpkin Pie Cheesecake Squares

Prep: 10 minutes
Cook: 45 minutes **Chill:** 2 hours
Makes: 36 squares

1½ cups (375 mL) **graham wafer crumbs**
½ cup (125 mL) packed **brown sugar**
⅓ cup (75 mL) **butter,** melted
½ tsp (2 mL) each **ground ginger** and **cinnamon**
¼ tsp (1 mL) **ground cloves**
Pinch **salt**

CHEESECAKE:
1¼ cups (300 mL) **roasted pumpkin purée** or squash purée (see Perfect Purée, page 234)
½ cup (125 mL) **granulated sugar**
¾ tsp (4 mL) **cinnamon**
¼ tsp (1 mL) each **ground ginger, nutmeg, cloves** and **salt**
¼ cup (60 mL) **whipping cream**
2 pkg (8 oz/250 g each) **cream cheese,** softened
4 **eggs**
½ tsp (2 mL) **vanilla**

In bowl, stir together graham wafer crumbs, sugar, butter, ginger, cinnamon, cloves and salt until moistened. Press onto bottom and up sides of parchment paper–lined 8-inch (2 L) square metal cake pan. Bake in 350°F (180°C) oven until golden, about 10 minutes. Let cool.

CHEESECAKE: In saucepan, stir together pumpkin purée, sugar, cinnamon, ginger, nutmeg, cloves and salt; cook over medium-high heat, stirring constantly, until thickened, about 5 minutes. Stir in whipping cream. Transfer to bowl and let cool.

In large bowl, beat cream cheese until smooth, about 2 minutes. Beat in eggs, 1 at a time; beat in vanilla. Beat one-quarter into pumpkin mixture; return to cream cheese mixture and beat until incorporated. Pour over crust.

Bake in 350°F (180°C) oven until edges are set and browned, 30 to 35 minutes. Let cool on rack. Cover and refrigerate until firm, about 2 hours. Cut into squares.

PER SQUARE: about 122 cal, 2 g pro, 8 g total fat (5 g sat. fat), 11 g carb, trace fibre, 43 mg chol, 106 mg sodium, 61 mg potassium. % RDI: 2% calcium, 4% iron, 25% vit A, 4% folate.

Pumpkin Caramel Custards

Prep: 10 minutes
Cook: 50 minutes **Stand:** 1 hour
Makes: 8 servings

1 cup (250 mL) **granulated sugar**

CUSTARD:
1 cup (250 mL) **roasted pumpkin purée** or squash purée (see Perfect Purée, page 234)
1 can (14 oz/400 mL) **coconut milk**
⅔ cup (150 mL) **granulated sugar**
5 **eggs**
3 **egg yolks**
2 tsp (10 mL) finely grated **gingerroot**
½ tsp (2 mL) **ground cardamom**
¼ tsp (1 mL) **ground nutmeg**
Pinch **salt**

In heavy-bottomed saucepan, melt sugar with ⅓ cup (75 mL) cold water over medium heat, swirling pan but not stirring, until most of the sugar is golden brown. Bring to boil and boil until deep amber, about 7 minutes.

Pour caramel into eight 6-oz (175 mL) custard cups or ramekins, swirling cups to coat bottoms and sides. Place in large roasting pan lined with kitchen towel.

CUSTARD: In saucepan, cook pumpkin purée over medium-high heat, stirring constantly, until no liquid remains, 3 to 4 minutes. Whisk in coconut milk; heat just until simmering. Remove from heat and set aside. »

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How to ensure THURSDAY'S *chicken* TAKES OFF

Nutritious comfort food doesn't get any better! With the goodness of all four food groups, this all in one skillet is on the table in half an hour – any day magic that's sure to get a rise out of your loved ones.

Chicken & Noodle Skillet Supper

Ingredients:

1 tbsp (15 mL) butter
4 boneless skinless chicken breasts or 8 thighs
4 cloves garlic, minced (4 tsp/20 mL)
1 tsp (5 mL) dried basil
Salt and pepper
2-1/2 cups (625 mL) reduced-sodium chicken broth or stock
6 oz (175 g) broad egg noodles
1 tbsp (15 mL) all-purpose flour
1 cup (250 mL) 10% half-and-half cream
4 cups (1 L) frozen mixed baby vegetables (about 1 lb), thawed and drained
2 tbsp (30 mL) freshly squeezed lemon juice or white wine vinegar

1. In a large, deep skillet or pot, melt butter over medium-high heat. Brown chicken, turning once, for about 3 min per side. Push chicken to one side and add garlic, basil and 1/4 tsp (1 mL) each salt and pepper to skillet; sauté for 30 sec. **2.** Stir in chicken broth and bring to a boil. Stir in noodles; arrange chicken in a single layer. Reduce heat to low, cover and simmer for 5 min or until noodles are almost tender. **3.** Flip chicken pieces. Whisk flour into cream and stir into skillet with vegetables. Increase heat to medium and simmer, stirring often, for about 7 min or until chicken is no longer pink inside and sauce is slightly thickened. Stir in lemon juice and season to taste with salt and pepper.

Prep: 5 to 10 minutes • Cook: 20 to 25 minutes • 4 servings

* No purchase necessary. Contest open from 02/01/10 to 11/30/10 to residents of ON, PEI, NS and NB who have reached the age of majority. See Contest Rules for details at anydaymagic.ca.

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Pumpkin Apple Soup

In large bowl, beat together sugar, eggs, egg yolks, ginger, cardamom, nutmeg and salt; gradually stir in pumpkin mixture. Strain through fine sieve. Pour into caramel-lined cups. Pour enough boiling water into roasting pan to come halfway up sides of cups.

Bake in 325°F (160°C) oven until set around edge but still slightly jiggly in centre, 40 to 45 minutes. Remove cups from pan; let stand on rack until room temperature. Run knife around edge of each custard; invert onto plate.

PER SERVING: about 335 cal, 6 g pro, 15 g total fat (11 g sat. fat), 46 g carb, 1 g fibre, 193 mg chol, 48 mg sodium, 219 mg potassium. % RDI: 4% calcium, 19% iron, 68% vit A, 3% vit C, 16% folate.

Pumpkin Apple Soup

Prep: 12 minutes
Cook: 50 minutes
Makes: 4 to 6 servings

- 1¼ lb (625 g) **sugar pumpkin** or butternut squash, halved and seeded
- 2 **onions,** quartered
- 1 large **McIntosh apple,** halved and cored
- 1 clove **garlic**
- 4 tsp (20 mL) **olive oil**
- 2 cups (500 mL) **sodium-reduced vegetable broth**
- 4 slices **bacon,** diced
- ½ tsp (2 mL) each **caraway seeds** and **salt**
- Pinch **white pepper**

Peel and cut pumpkin into 1½-inch (4 cm) cubes; place in roasting pan. Add onions, apple and garlic; drizzle with oil and toss to coat. Roast in 425°F (220°C) oven, stirring once, until pumpkin is browned and tender, about 40 minutes.

Peel apple; transfer along with roasted mixture to food processor.

Heat roasting pan over medium-high heat; pour in 1 cup (250 mL) of the broth and bring to boil, scraping »

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up browned bits. Add to food processor; purée until smooth.

In Dutch oven, cook bacon over medium-high heat until crispy, about 5 minutes. Using slotted spoon, transfer to paper towel–lined plate.

Remove all but 1 tbsp (15 mL) fat from Dutch oven. Stir in vegetable purée, remaining vegetable broth, 2 cups (500 mL) water, caraway seeds, salt and pepper; bring to boil. Reduce heat and simmer for 5 minutes. Serve sprinkled with bacon.

PER EACH OF 6 SERVINGS: about 145 cal, 3 g pro, 7 g total fat (2 g sat. fat), 19 g carb, 3 g fibre, 7 mg chol, 311 mg sodium, 400 mg potassium. % RDI: 5% calcium, 6% iron, 104% vit A, 27% vit C, 11% folate.

SWITCH IT UP

Omit bacon. Replace bacon fat with 1 tbsp (15 mL) olive oil. Garnish with Toasted Pumpkin Seeds (recipe follows).

Toasted Pumpkin Seeds

Prep: 5 minutes
Cook: 35 minutes
Makes: 1 cup (250 mL)

2½ cups (625 mL) **fresh pumpkin seeds**
2 tsp (10 mL) **olive oil**
½ tsp (2 mL) each **salt** and **smoked paprika**

Rinse pumpkin seeds; dry thoroughly with towel. Spread on baking sheet; drizzle with oil and toss to coat. Sprinkle with salt and paprika; stir. Bake in 300°F (150°C) oven, stirring several times, until golden, about 35 minutes.

PER 1 TBSP (15 mL): about 52 cal, 2 g pro, 5 g total fat (1 g sat. fat), 2 g carb, trace fibre, 0 mg chol, 73 mg sodium, 71 mg potassium. % RDI: 9% iron, 1% vit A, 2% folate.

Perfect Purée

When choosing a cooking pumpkin, look for sugar pumpkins. These little gourds are firmer and sweeter than those grown for jack-o'-lanterns. The roasting time will vary depending on the size and age of the pumpkin or squash.

Halve and seed pumpkin or squash. Prick skin all over with fork. Roast, cut side down, on rack on foil-lined baking sheet in 350°F (180°C) oven until flesh is browned and tender, 60 to 75 minutes. Let cool. Scoop out flesh and purée in food processor. Refrigerate in airtight container for up to 48 hours or freeze for up to 3 weeks.

- 2 lb (1 kg) sugar pumpkin yields about 1¾ cups (425 mL) purée.
- 2 lb (1 kg) butternut squash yields about 2½ cups (625 mL) purée. ■

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An Autumn to Remember

This fall sit back, relax and unwind with Sawmill Creek Wines, the perfect complement to any dinner occasion.

HERB-INFUSED ROASTED TOMATOES WITH GARLIC TOAST

Ingredients:

2 lb (1 kg) fresh plum tomatoes, halved lengthwise
2 tbsp (30 mL) olive oil
4 tsp (20 mL) balsamic vinegar
1 tbsp (15 mL) each chopped fresh oregano, thyme and rosemary
Salt and pepper

Garlic Toast:
1/2 cup (125 mL) unsalted butter, at room temperature
2 cloves garlic, pressed
1 tbsp (15 mL) chopped fresh parsley
1 small loaf Italian bread, halved horizontally
1/4 cup (60 mL) grated Parmesan cheese

Preparation:

Place tomatoes in bowl. Mix together oil, vinegar, oregano, thyme, rosemary, and salt and pepper to taste; drizzle over tomatoes, gently tossing to coat.

Place tomatoes, cut side up, on parchment paper-lined baking sheet. Roast in 325°F (160°C) oven for 50 minutes. Transfer to serving dish to cool.

Garlic Toast: In small bowl, mix together butter, garlic and parsley; spread over cut sides of bread. Bake on baking sheet in 350°F (180°C) oven for 10 minutes.

Sprinkle with Parmesan cheese: broil for 2 to 3 minutes or until golden brown and cheese begins to bubble, watching carefully to prevent burning. Let cool slightly; cut into pieces.
Serve with tomatoes.

Makes 4 servings.

Tempt the Appetite

Start your night off with a light and savoury dish like this aromatic roasted tomato and herb toast. A feast for the senses, this starter is a great way to set the tone for an evening of fresh ingredients, great tasting wine and friendly conversation.

Pairings

Sawmill Creek Pinot Grigio

With citrus notes of lemon and lime, this crisp white wine is a refreshing partner to a toasty appetizer. Pinot Grigio is best served chilled not frosty so remove the bottle from your refrigerator up to 15 minutes before serving.

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The Main Event

Traditional, simple, mouth-watering and filling, how else can you describe what the British have perfected? Treat your friends to a delicious roast beef dinner complete with robust au jus for added flavour - comfort food at its finest!

RIB EYE WITH RED WINE

Sugar snap peas and creamy mashed potatoes make wonderful partners to the beef.

Ingredients:

3-1/2 lb (1.75 kg) boneless rib eye or top round roast beef
2 tbsp (30 mL) olive oil
1-1/2 cups (375 mL) sodium-reduced beef broth
1/4 cup (60 mL) dry red wine (Sawmill Creek Merlot)
2 tbsp (30 mL) butter
Salt
Pepper

Preparation:

Rub roast all over with oil; season with salt and pepper to taste.

Place roast, fat side up, on rack in roasting pan. Roast in 375°F (190°C) oven for 30 minutes. Reduce heat to 225°F (110°C); roast for 1-1/2 to 2 hours or until meat thermometer registers 135 to 140°F (57 to 60°C). Transfer to cutting board; tent with foil and let stand for 15 minutes before carving.

Strain pan juices into measuring cup; skim off and discard fat from top of juices. Return juices to roasting pan; stir in broth and wine. Bring to boil over high heat and cook, stirring often and scraping up browned bits from bottom of pan, until reduced to 1 cup (250 mL), about 6 minutes. Add butter and season with salt and pepper to taste.

Makes 4 to 6 servings.

Pairings

Sawmill Creek Merlot
With blackberry and currant overtones, this full-bodied dry wine lends itself to cooking and sipping. Its smooth velvety finish is a good match for tender meat dishes like beef or lamb.

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Just Desserts

Research has shown that a meal just doesn't seem complete without dessert. Make your meal memorable by serving a sweet treat that's as unique as it is tasty. Bragging rights guaranteed.

Pairings

Sawmill Creek Autumn Blush
Family and friends will delight at the soft, balanced flavour of this blended rosé and marvel at the sight of their baked apple dessert. Best served chilled, its distinctive fresh berry aroma delivers the perfect finish to a perfect night.

BAKED APPLE CRUNCH

Ingredients:

4 large baking apples (Gala or Fuji)
1 cup (250 mL) cranberry juice cocktail
1/2 cup (125 mL) dried cranberries
1/4 cup (60 mL) Brazil nuts, chopped
1/4 cup (60 mL) maple syrup
2 tsp (10 mL) lemon juice
1 tsp (5 mL) cinnamon
1 tsp (5 mL) vanilla

Preparation:

Cut top off each apple; core to within 1/2 inch (1 cm) of base. Scoop out centre, leaving thick walls; chop centre finely. Place apples in 8-inch (2 L) square baking dish.

In bowl, combine chopped apple, cranberry cocktail, cranberries, nuts, maple syrup, lemon juice, cinnamon and vanilla; stuff into centres of apples.

Bake, uncovered and basting occasionally, in 350°F (180°C) oven for 50 to 60 minutes or until apples are tender. Serve warm; drizzle with pan juices if desired.

Makes 4 servings.

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Food Matters

BAKED PASTA CHEESES

The cheese is often the best part of rich, homey baked pasta dishes, like the ones on pages 215 to 223. Here are some of the best Canadian cheeses for the job.

1. SHREDDING CHEESES

These mild to sharp firm cheeses, including Canadian mozzarella, provolone and friulano, are easy to shred with a box grater and produce a fabulously stringy melted topping.

2. GRATING CHEESES

Hard cheeses such as Canadian Parmesan are terrific for heightening the flavours in pasta dishes. Stir them into cream sauces, fresh cheese fillings or bread crumb toppings. While you can purchase grated Parmesan, it's extra nice to buy a chunk and freshly grate it yourself. Save the rind to simmer in tomato sauce, minestrone or risotto.

3. FILLING CHEESES

Fresh cheeses, including Canadian ricotta, are very soft, creamy and mild, making them perfect for stuffing in cannelloni or layering between lasagna sheets. They pair beautifully with rich cream or simple tomato sauces.

PHOTOGRAPHY, EDWARD POND. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, CATHERINE DOHERTY

CHEESE, PLEASE

To find out more about cooking with Canadian cheese, go to dairygoodness.ca/cheese.

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off the shelf

Wines for Turkey and All the Fixings

Our sommelier, Anne Martin, serves up some fantastic picks for the Thanksgiving table.

1. Graham Beck Chardonnay-Viognier 2008, South Africa, $12.
2. Columbia Crest Grand Estates Merlot 2005, Washington State, U.S., $15.
3. Cidrerie St-Nicolas Pom'Or Tradition Crackling Cider, Quebec, $13.
4. Bouchard Père et Fils La Vignée Pinot Noir 2008, Burgundy, France, $25.

WINES FOR THANKSGIVING

The Thanksgiving table groans under a multitude of dishes – from turkey, ham and beef to squash, sweet potatoes and green peas – so you may face a challenge in the wine-pairing department. Don't bother trying to make one wine fit every dish. Instead, find a wine that suits most of the menu and the people at the table.

First, try offering options. Having both a red and a white on the table will please more palates and complement different portions of the menu. Experiment with new grape varieties to find out what works best for you and your loved ones.

With roast turkey, try reds such as Gamay, Beaujolais from France, Pinot Noir, Merlot or Rioja reserva from Spain. If you prefer white, try a New World Chardonnay – light on the oak or unoaked – or choose a white Burgundy, Viognier, Chenin Blanc, Gewurztraminer or Riesling. A more exotic choice is a dry sparkling Shiraz from Australia; its fruity fizziness pairs well with turkey and the fixings.

Dry rosés and sparkling wines are foolproof options if you aren't feeling daring. Another all-around winner is lightly alcoholic sparkling apple cider.

LATE-HARVEST WINES

Do you like icewine but lament the price? Then it's time to try late-harvest wines. Canada makes very fine examples, which are as delicious as icewine but not nearly as pricey.

A late-harvest wine is made from grapes left to ripen longer than usual. As they get dry and raisin-like, their sugar level increases. Some may also be affected by the mould *Botrytis cinerea* (also called noble rot), which further concentrates the sugar.

Late-harvest grapes produce rich, sweet dessert-style wines. But don't let all the talk about sugar scare you – late-harvest wines are usually made from grapes with higher acidity, which balances the sweetness. Some varieties used in these golden treasures are Riesling (Canada, Germany, Austria and Alsace), Sémillon or Sauvignon Blanc (in Sauternes from Bordeaux, France), Chenin Blanc (Loire Valley, France), Gewurztraminer (Alsace and Canada) and Furmint (in Tokay from Hungary).

Late-harvest wines suit most desserts perfectly. A general rule is that the wine should be as sweet as the dessert or it will taste tart and thin. These wines are also excellent with foie gras and blue cheeses.

LATE-HARVEST WINE PICKS

1. Mission Hill Reserve 2005 Late Harvest Riesling, Okanagan Valley, B.C., $30.
2. Château des Charmes Late Harvest Riesling 2007, Niagara, Ont., $22.

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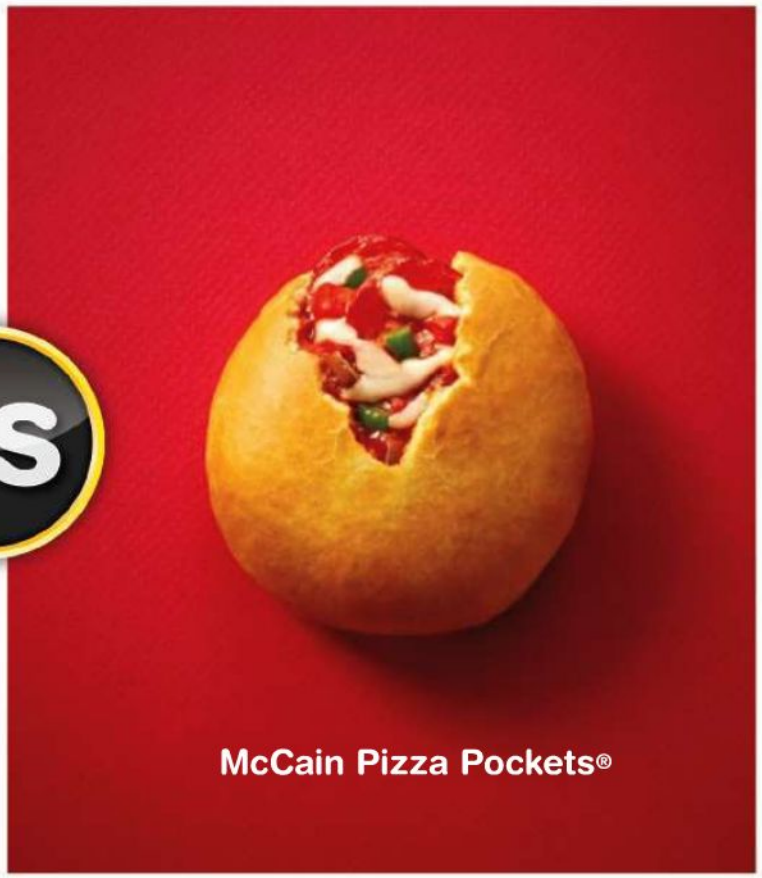
Which pizza snack belongs in your freezer?

Other pizza snacks

VS



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Peelers

BEST FOR CARROTS

SWISSMAR SWISS CLASSIC SCALPEL, $5

The lightweight, flat design of this peeler makes it perfect for cleaning thin vegetables, such as carrots and asparagus, with long, quick strokes. Bonus: The design makes it suitable for right- and left-handed cooks. It's a great bargain, and many professional chefs carry one in their tool kits.

BEST FOR JULIENNING

ZYLISS JULIENNE, $10

Making uniform strips of julienned vegetables has never been easier than with this handy peeler. The flat, chunky, serrated stainless-steel blade pulls effortlessly through carrots, zucchini and other hard or soft vegetables to create beautiful julienne to add to salads or stir-fries. No more stacking and slicing by hand.

BEST FOR APPLES

OXO GOOD GRIPS SWIVEL, $10

This peeler is stylish enough to match your brand new stainless-steel appliances and has all the comfort and functionality that we love in Oxo equipment. The stainless-steel blade cuts thin peels (with minimal waste) from apples, potatoes and even citrus fruits. It also has a slip-free rubber grip – great for wet hands – and a built-in "eyer" for scooping out potato eyes or apple blemishes.

BEST FOR TOMATOES

DALLA PIAZZA SERRATED, $14

Soft-skinned fruits, such as tomatoes and peaches, are tricky to peel with most standard peelers. The razor-sharp serrated stainless-steel blade on this peeler, however, takes off thin strips of skin without tearing the flesh. You may never blanch and finger-peel tomatoes again.

For shopping information, see page 245

COLD BLOODED

Jump on the vampire bandwagon this Halloween with Cold Blooded ice-cube fangs from Fred and Friends, maker of novelty silicone ice-cube trays. Look for these and Brain Freeze (you guessed it – mini ice-cube brains) at novelty shops and fine kitchenware stores. $8.50 each, worldwidefred.com.

PHOTOGRAPHY, LUIS ALBUQUERQUE

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OCTOBER 2010

■ = quick (30 minutes or less) ■ = easy ■ = vegetarian

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tested till perfect

Our Tested-Till-Perfect guarantee means we've tested every recipe, using the same grocery store ingredients and household appliances as you do, until we're sure you'll get perfect results at home.

ABOUT OUR NUTRITION INFORMATION

To meet nutrient needs each day, moderately active women 25 to 49 need about 1,900 calories, 51 g protein, 261 g carbohydrate, 25 to 35 g fibre and not more than 63 g total fat (21 g saturated fat).

Men and teenagers usually need more. Canadian sodium intake of approximately 3,500 to 4,500 mg daily should be reduced, whereas the intake from food sources of potassium should be increased to 4,700 mg per day.

Percentage of recommended daily intake (% RDI) is based on the highest recommended intakes (excluding those for pregnant and lactating women) for calcium, iron, vitamins A and C, and folate.

Figures are rounded off. They are based on the first ingredient listed when there is a choice and do not include optional ingredients or those with no specified amounts.

ABBREVIATIONS:
cal = calories
pro = protein
carb = carbohydrate
sat. fat = saturated fat
chol = cholesterol

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Good Gravy!

Are we the only family that serves lasagna with turkey?

BY DONNA PARIS

When the teacher asked, "Did everyone enjoy their turkey dinner?" I endured story after story of glorious Thanksgiving feasts.

When I was a kid, I was a little ingrate, especially when it came to my mom's home cooking. Well, to be fair to my inner child, I was usually OK with the mortadella and peanut butter sandwiches on Italian bread packed in a brown paper bag. But I was never happy on the Tuesday after Thanksgiving, when the other kids brought leftover turkey sandwiches for lunch and the teacher always asked, "Did everyone enjoy their dinner?" I endured story after story of glorious Thanksgiving feasts.

My parents immigrated to Canada from a small town in southern Italy, dirt-poor and with only the hope of a better life for their unborn children. They had never even heard of Thanksgiving, but even so, my mom would always make a lasagna, as she did for all special occasions. I watched her layer thin sheets of pasta, shredded mozzarella and homemade tomato sauce with fragrant basil grown in her own garden. I loved slipping my fork through the soft, cheesy pasta, then shovelling it into my mouth – until Grade 3, that is. That year, things changed. When Mom said, "We're going to have a nice meal today," I snapped.

"You don't know anything!" I cried. "You're not even supposed to eat pasta on Thanksgiving! You cook a big bird – a turkey – with potatoes and an orange vegetable and peas. Then you pour a thing called gravy on it and eat pumpkin pie at the end." My mother looked at me blankly, then told me I could eat the lasagna if I was interested.

The next year, a turkey appeared on the table. The meat was dry, the thin gravy was tomato-based with peas swimming in it, and for dessert there were pumpkin tarts my mom bought at the store. Oh, and lasagna was served as a first course. We prayed over our food as we did every day, and then we went around the table with everyone giving thanks for a special thing or person, just as I imagined other Canadians were doing. My dad, Giacomo, complained about the turkey, and my mom said it was too much food, but losing the baked cheesy pasta course was never really an option.

This Thanksgiving, I'm gathering my family at my home, and these are the things I will be giving thanks for: a country that embraced my mother, Rosa (a 19-year-old who could speak no English and had never seen snow), and let her fulfil her dream; earrings from Kavita, my friend who is the parking lot attendant where I work, who brought them back from a trip to her native India; the perogies that will hopefully arrive in time for dinner, made by my brother's wife, Tanya, whose family hails from Ukraine; and for Alain, my French-Canadian brother-in-law, who makes the drive from Quebec so that he and my sister can join us at the table. And, of course, I'll be thankful for my Thanksgiving dinner with all the trimmings – and lasagna on the side. ■

PHOTOGRAPHY, GETTYIMAGES/SUPERSTOCK

DONNA PARIS loves to adapt every national holiday to include a little Italiana.

Do you have a My Canada you would like to share? Please send 500-word submissions to mycanada@canadianliving.com.

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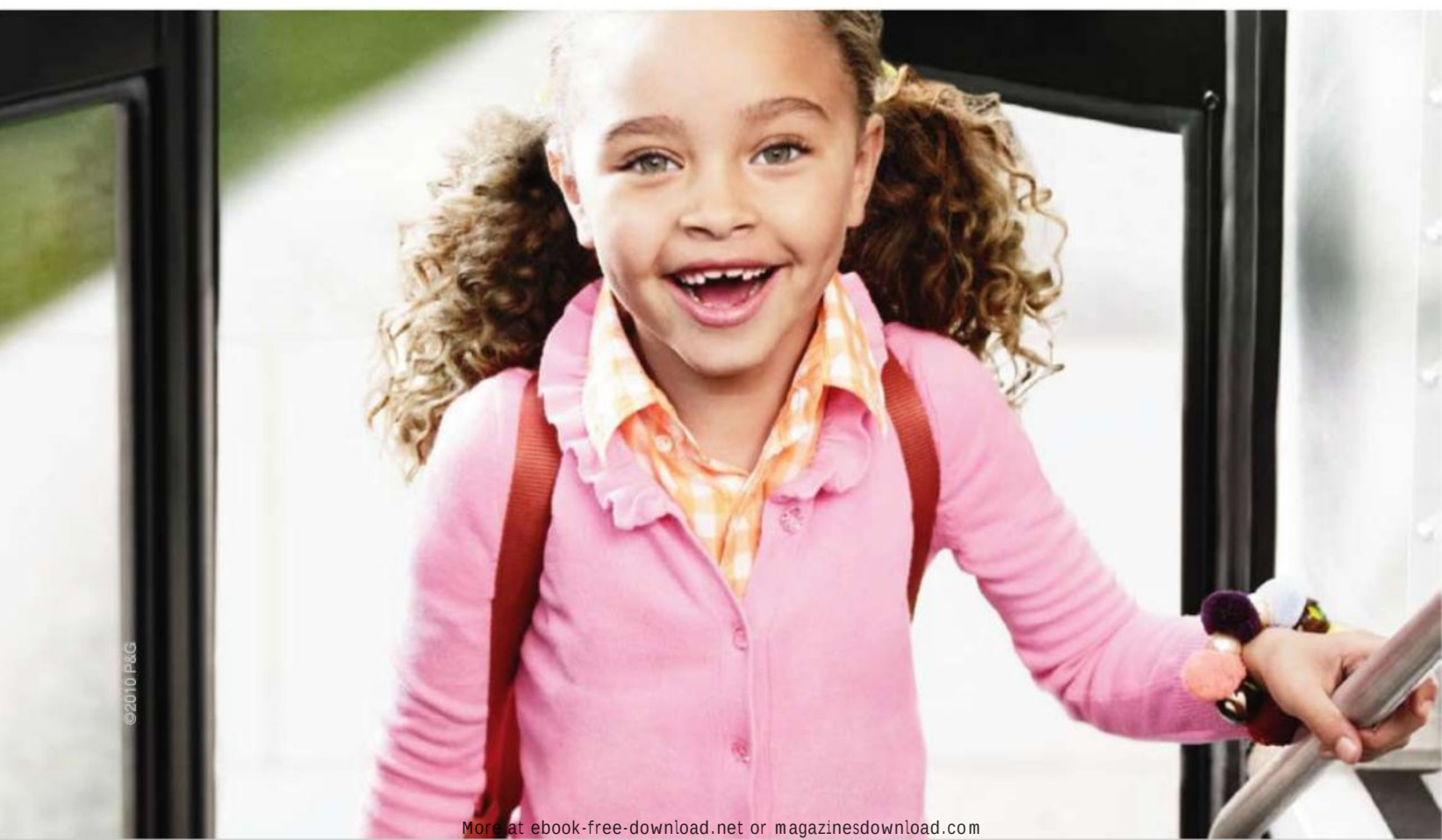

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